

north coast

thursday jan. 22, 2015 vol XXVI issue 4 • humboldt county, calif. FREE

thejournal

OF POLITICS. PEOPLE AND ART

northcoastjournal.com



The Health and Wellness Issue

The Affordable Care Act Turns 1

5 Sugar grandmama 12 Card-carryin' 22 Go. Floss. Now. 24 The itchy & scratchy show 27 Feeling cultured? 37 Shots, shots, shots

Now get what you really want. iPhone 6. And the best plan ever.

Get 4 lines and 10GB of data for just \$130 a month. We'll even pay off your old contract.



 iPhone 6



Things we want you to know: New Retail Installment Contracts, Shared Connect Plan and \$25 device act. fee required. Credit approval required. Regulatory Cost Recovery Fee applies (currently \$1.82/line/month); this is not a tax or govt. required charge. Add. fees, taxes and terms apply and vary by svc. and eqmt. Offers valid in-store at participating locations only, may be fulfilled through direct fulfillment and cannot be combined. See store or uscellular.com for details. **\$130 Price Plan** based on \$90/mo., 10GB Shared Connect Plan plus 4 lines with discounted \$10 Device Connection Charges each. Retail Installment Contract required to receive discounts; otherwise, regular Device Connection Charges apply. Other discounts available for additional Shared Connect Plans. Limited-time offer. **Contract Payoff Promo:** Offer valid on up to 6 consumer lines or 25 business lines. Must port in current number to U.S. Cellular and purchase new Smartphone or tablet through a Retail Installment Contract on a Shared Connect Plan with Device Protection+. Enrollment in Device Protection+ required in all markets except North Carolina. The monthly charge for Device Protection+ is \$8.99 for Smartphones. A deductible per approved claim applies. Federal Warranty Service Corporation is the Provider of the Device Protection+ ESC benefits, except in CA and OK. Submit final bill identifying early termination fee (ETF) charged by carrier within 60 days of activation date to www.uscellular.com/contractpayoff or via mail to U.S. Cellular® Contract Payoff Program 5591-61; PO Box 752257; El Paso, TX 88575-2257. Customer will be reimbursed for the ETF reflected on final bill up to \$350/line. Reimbursement in form of a U.S. Cellular Prepaid Card is issued by MetaBank®. Member FDIC; additional offers are not sponsored or endorsed by MetaBank. This card does not have cash access and can be used at any merchant location that accepts MasterCard® Debit Cards within the U.S. only. Card valid through expiration date shown on front of card. Allow 12-14 weeks for processing. To be eligible, customer must register for My Account. **Retail Installment Contract:** Retail Installment Contract (Contract) and monthly payments according to the Payment Schedule in the Contract required. If you are in default or terminate your Contract, we may require you to immediately pay the entire unpaid Amount Financed as well as our collection costs, attorneys' fees and court costs related to enforcing your obligations under the Contract. Upgrade your handset after 12 consecutive payments made on the Contract. **Kansas Customers:** In areas in which U.S. Cellular receives support from the Federal Universal Service Fund, all reasonable requests for service must be met. Unresolved questions concerning services availability can be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection at 1-800-662-0027. Limited-time offer. Trademarks and trade names are the property of their respective owners. Additional terms apply. See store or uscellular.com for details. ©2015 U.S. Cellular 1A-P-R1-1/2015

table of CONTENTS

- | | |
|--|--|
| <p>4 Mailbox</p> <p>4 Poem
ABOUT, AMONG OTHER THINGS, GOD TOO</p> <p>5 Publisher
OBESITY – HOW'D THAT HAPPEN?</p> <p>8 News
POLICING THE POLICE</p> <p>10 Blog Jammin'</p> <p>12 Week in Weed
WHAT'S UP, DOC?</p> <p>14 On The Cover
THE AFFORDABLE CARE ACT TURNS 1</p> <p>22 Five Things to Know
BEFORE YOU SACRIFICE YOUR HEALTH</p> <p>23 Health Extra
TAKE IT OUTSIDE</p> <p>24 Home & Garden
SERVICE DIRECTORY</p> | <p>24 Get Out!
RASH DECISIONS</p> <p>27 Table Talk
A GOOD START</p> <p>28 Music & More!
LIVE ENTERTAINMENT</p> <p>32 The Setlist
SELLING THE THIZZLE</p> <p>33 Calendar</p> <p>37 FilmLand
SHARP SHOOTERS</p> <p>38 Workshops</p> <p>42 Sudoku</p> <p>42 Crossword</p> <p>43 Marketplace</p> <p>46 Body, Mind & Spirit</p> <p>47 Automotive</p> <p>50 Real Estate This Week</p> |
|--|--|



★ **Happy New Year!** ★
You!



\$25

Starts January 2nd, *limited time only!

BROADWAY 518 W. Clark St.
Eureka, CA 95501 (707) 445-5445

TWO CLUBS,
ONE LOW RATE!
www.calcourtsfitness.com

The ANNEX 3909 Walnut Dr.
Cuttan, CA 95534 (707) 445-5442

All inclusive Processing Fee for YOU and eligible Family Members & Roommates



Great Projects Start at McKenny's!

JOIN US ON



3RD Annual January BLOWOUT Sale!

THIS SATURDAY!

STOREWIDE SAVINGS IN EVERY DEPARTMENT! • LIMITED TO STOCK ON HAND!

MYRTLETOWN LOCATION ONLY • Saturday, January 24th

\$5.00 OFF

Any Purchase Of \$25 Or More

One coupon per customer. Must present coupon. Expires 1/31/15.

\$10.00 OFF

Any Purchase Of \$50 Or More

One coupon per customer. Must present coupon. Expires 1/31/15.

 <p>Tactic Multi-Hook Kit Kit includes aluminum rail, large J hook and 2 multipurpose hooks. Reg. \$34.99 May be mounted to drywall, concrete, brick, or open studs. Holds up to 60 lb. 228702</p> <p style="font-size: 24px; color: red; font-weight: bold;">\$26²⁹</p>	 <p>19" Tool Box 357626</p> <p style="font-size: 24px; color: red; font-weight: bold;">\$12⁴⁵</p>	 <p>"Original Buddy" Propane Heater 489387</p> <p style="font-size: 24px; color: red; font-weight: bold;">\$95²⁹</p>
---	--	---

ARCATA 1296 11th St. • Arcata • 822-1769 MYRTLETOWN 2800 Hubbard Ln. • Eureka • 445-8436

Store Hours: Monday thru Friday 7:30 – 5:30 • Sat 8:00 – 5:00 • Sun 10:00 – 4:00

Jan. 22, 2015
Volume XXVI No. 4

North Coast Journal Inc.
www.northcoastjournal.com

ISSN 1099-7571 © Copyright 2015



The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 21,000 copies distributed FREE at more than 350 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed / \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

publisher Judy Hodgson
judy@northcoastjournal.com

news editor Thadeus Greenson
thad@northcoastjournal.com

arts & features editor Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

assistant editor/staff writer Grant Scott-Goforth
grant@northcoastjournal.com

staff writer Heidi Walters
heidi@northcoastjournal.com

calendar editor Kali Cozyris
calendar@northcoastjournal.com

contributing writers John J. Bennett, Simona Carini, Barry Evans, Jennifer Savage, Ken Weiderman, Genevieve Schmidt

art director/production manager Holly Harvey
holly@northcoastjournal.com
graphic design/production Miles Eggleston, Carolyn Fernandez, Christian Pennington, Jonathan Webster

general manager Chuck Leishman
chuck@northcoastjournal.com

advertising manager Melissa Sanderson
melissa@northcoastjournal.com

advertising Mike Herring mike@northcoastjournal.com
Tad Sarvinski tad@northcoastjournal.com
Kyle Windham kyle@northcoastjournal.com

marketing & promotions manager Drew Hyland
office manager/bookkeeper Carmen England
receptionist Penelope Trawick

MAIL/OFFICE:
310 F St., Eureka, CA 95501
PHONE: 707 442-1400
FAX: 707 442-1401
ncjournal@northcoastjournal.com
press releases
newsroom@northcoastjournal.com
letters to the editor
letters@northcoastjournal.com
events/a&e
calendar@northcoastjournal.com
music
thesetlist@northcoastjournal.com
production
ncjournal@northcoastjournal.com
classified/workshops
classified@northcoastjournal.com

on the cover:
Illustration by Christian Pennington

MAILBOX

Be More Neutral

Editor:

A Humboldt State University professor's commentary postulated that the North Korean blackmail of *The Interview* was staged in order for Sony to make a ton of money ("Horror Movies," Dec. 25). The column's point was that the media is being controlled by far too few corporations. Personally, I have a much bigger problem with the media of just not doing their jobs correctly. Journalists need to be neutral in their reporting and not motivated politically. Scandals with no closure/accountability such as the four murdered Americans at Benghazi, the IRS targeting certain groups, the NSA spying, VA veterans dying on waiting lists, the lawless implementation of the ACA, the unconstitutionality of Executive Amnesty, the Obamacare lies along with Obamacare architect Jonathan Gruber admitting the law was written to fool the stupid voters of the U.S. should be raw meat for the press but are hardly mentioned and then quickly abandoned. Stunningly, today's media doesn't even bother to check facts and even reports on stories that are not true. The "hands up" of the Michael Brown case didn't happen yet I watched unbelievably as four CNN anchors did the

Comment of the Week

"This is beautiful."

— Mike Dronkers, commenting on local cartoonists' responses to the Charlie Hebdo attacks published in last week's issue of the Journal.

"hands up" on air; the University of Virginia fraternity rape story turned out to be completely falsified.

Today's presidential press conferences truly show how bad the media's stagnation has become. After the president handpicked whose questions he would answer, a grand total of six questions were asked. Yesteryear's news conferences used to be newsworthy. The reporters grilled the president on every conceivable issue. Nixon and Johnson were sweating like race horses after some of those conferences. The country needs a watch dog that's apolitical, tenacious, and relentless to expose the truth no matter who it hurts. Journalists need to stand up to what is expected from them. The freedom of the press is in our Constitution for a reason.

Rick Brennan, Eureka ●



CARTOON BY TERRY TORGERSON

About, Among Other Things, God Too

inspired by Pat Schneider

The archetypal housewife clad in apron, home surrounded by Sycamores, pantry filled with home made jam—

She calls to her children
come. come home
and these words pressed
into the pulp fibers of our
grandmother's lungs, rise
rise within me

like the dust of a Midwestern mentality
suspended in the vast grandeur
of great skies, where dreams
float like cumulus clouds
toward a heaven
imagined else where.

There are no Sycamores
on our corner lot
or even in our west coast
neighborhood, perched above
the Pacific Ocean

but the intimacy within
the vast grandeur of
that archetypal poem

crawls onto my lap
in the form of a three year old girl
with delicate skin & golden strands
of divinity, soft & silky against
my face.

How can heaven possibly be
anywhere but here

in her mother's arms?

— Therese FitzMaurice

Obesity – How'd THAT Happen?

By Judy Hodgson

hodgson@northcoastjournal.com

Low Fat Makes You Fat.
Bad Cholesterol — a Myth.
Peanuts Cut Diabetes Risk, Hunger.

It turns out magazine headlines like these are all true. But in case you don't trust the reading material at the supermarket, how about the *New York Times* March 17, 2014: "Study Questions Fat and Heart Disease Link."

The article did a lot more than "question." It stated there is *no scientific evidence* linking dietary fat — meat, butter and eggs — to heart disease. None.

Fat Chance is my favorite book on the topic, though it's not particularly well written. Author Robert Lustig, an endocrinologist from University of California San Francisco who treats obese children and families, is fond of clichés. And — *fair warning* — it's a bit of a slog to get through the science: anorexigenic vs orexigenic, everything you've ever wanted to know about leptin, insulin, ghrelin, cortisol ... and who knew we all had a vagus nerve?

It was when I got to page 110 — the history of how the obesity epidemic developed — that I was hooked. I remember in grade school in the 1950s, no one was fat — not one kid. Look at any old black-and-white photographs from the era. And we ate everything — even baloney

on Wonder bread with mayonnaise. (I preferred Farmer John's liverwurst, but I was a weird kid.)

I also remember how shocking it was in 1955 when our physically fit, ex-military President Eisenhower had a heart attack — so young! That same era, epidemiologist Ancel Keys, inventor of World War II K-rations, turned his post-war scientific brain to heart disease. He noticed high cholesterol levels in patients with heart disease, and high cholesterol levels in diets. To further his research, he spent 1952 in England studying the bad heart health of some Englishmen whose diets consisted of bangers and mash, and fish and chips. He became absolutely convinced dietary fat was the culprit.

By the late 1960s, as a nation, we were under orders to reduce fat consumption from 40 percent of our diets to 30 percent. And boy, we did it. Only the result was one Keys never could have predicted: Obesity, and all related metabolic disorders, began to skyrocket in the 1970s — and that rocket's still rising. We even invented a few new diseases, like type II diabetes in children and babies.

What was not so much on our radar back then was the work of another scientist, John Yudkin. In 1957 he pointed his finger at diet, too. But by 1964 he

continued on next page ►

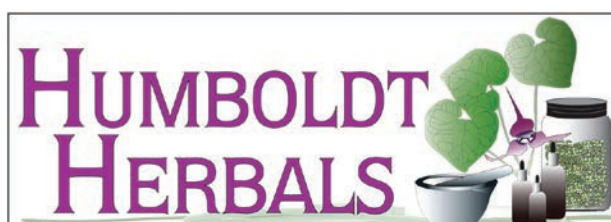


**Want happy, healthy feet?
Stay home.
Sit in your favorite chair.
Call Abigail.**

Abigail brings everything to care for thick, fungal or difficult nails, uncomfortable calluses, and rough heels. The soothing massage finish makes "healthy feet" an easy habit to keep.


Humboldt Home Foot Care
Caring One Toe at a Time

(707) 497-8269
humboldtfootcare.com



Cold & Flu Immune Support.

Increase your body's ability to ward-off winter colds and viruses with powerful herbal support from Humboldt Herbals. Effectively treating coughs, sniffles & sore throats since 1998.



Helping you understand nature's pharmacy for over 16 years.

300 2nd St., Old Town Eureka • (707) 332-3541 • www.humboldtherbals.com

bookmark us:  **m.northcoastjournal.com**

Pacific Outfitters

Arcata
7th & G, 707-822-0321

Eureka
5th & R, 707-443-6328

Ukiah
955 N. State, 707-468-6474

What's Your 2015 Resolution?



Annual Gym Membership: \$800
Or...

See Available Packages ONLINE NOW!

A Lifetime of Fitness, Adventure, & Fun!

PacOutDeals.com

GET OUTDOORS!

concluded — again pretty much through observation — that sugar was the bad guy. (His book, *Pure, White, and Deadly* came out in 1972.)

Long story short, Keys' science was faulty and Yudkin was right all along. (See *Fat Chance*, page 111, for a convincing summary.)

Lustig has a lot of pretty blunt things to say that you may not want to hear: Sugar is a lot more than a sweet treat. It's a toxin — all 40 or more kinds of it, including honey and fruit juice. Sugar, specifically fructose, has to be processed by the liver — unlike, say, mashed potatoes, another carb that the gastrointestinal tract takes care of rather nicely. Excess sugar is stored as fat. And did you know there are two kinds of the "bad" LDL cholesterol? One, relatively harmless, comes from dietary fat. But the other LDL type — the tiny, dark, sticky blobs produced from sugar — is deadly. Lustig also does a good job explaining that calories in do not equal calories out. So why are we so obsessed with calories? (There goes the First Law of Thermodynamics, right out the window, on page 11 of Lustig's book.) Diet and exercise do not work to

cure obesity. Military boot camp, expensive spas and the *Biggest Loser* are all controlled environments and in the short-term will result in temporary weight loss, defined as less than two years.

So what are we to do about this crippling and expensive obesity epidemic other than not gain weight in the first place?

First, Lustig does a review of the science on all popular diets — low-fat, Atkins low-carb, vegetarian/vegan, traditional Japanese, Mediterranean, Ornish, paleo, low-glycemic index — in a mere two pages (188-190). He says they all work — *if you stick to them* — in the short run. Some are better than others (Mediterranean). But they pretty much all fail long term because your body apparently has a mind of its own and will fight your efforts to lose weight. So what you must do instead of counting calories or eliminating an entire category of healthy, nutritious food, such as good carbs, is *change the way you eat for life*. (See *Grandma Rules*.)

But what about kids, parents — entire families — who are truly obese and at risk for all those metabolic disorders from which we suffer? Lustig has only

a handful of rules for his patients and families. No dieting. (No food rationing. Food is not your enemy. Mealtimes should be happy times anyway.) Drink water or milk — no juice or soda. Wait 20 minutes before second helpings. Get fiber back into your diet ASAP. (Fiber is magic. Chapter 12 explains why it's half the answer to the obesity epidemic.) Lustig's final command is for kids to trade one hour outside for every hour of screen time — the hardest rule to keep, according to his patients.

PS: I am a fan of exercise. I love endorphins any way I can get them. But people erroneously think if they exercise *enough*, they will lose weight. That's a fantasy (Chapter 17). ●

Editor's note: Journal co-owner/publisher Judy Hodgson has been retired from day-to-day operations at the Journal since early 2014 and has more time to pursue topics that interest her personally. If you are interested in learning more about Lustig's work, contact Hodgson directly at judy@northcoastjournal.com. She has some extra copies of the book to share.

www.SugarScience.org

In November, the University of California at San Francisco launched a new website called "The Sugar Science Initiative" (www.sugarscience.org). It's designed to act as a clearing-house for scientific evidence against sweetened foods and to disseminate that information to the public. Dr. Peter Lustig is one of 11 researchers across the nation who contribute to the website. He says, "People still think it's just about calories," and his mantra is, "Calories in do *not* equal calories out."

The website is interactive, so I posed a question that is still a major puzzle piece: What about artificial sweeteners? It seems the fattest families in the grocery store are loading up their carts with Diet Coke and Splenda. I've always suspected it was because the brain gets a message from the mouth and the stomach that, "Oh boy, a sugar load is coming" and when it fails to arrive, demand for sugar increases. The answer to my questions showed up in my inbox about 10 days later and was grouped with other similar questions:

"The science is not yet clear on whether artificial sweeteners are better or worse than regular sugar. There is, however, emerging evidence that raises concerns. Artificial sweeteners can sometimes help people wean themselves off sugar. One question we've been concerned with for years involves the counterintuitive finding that consumption of artificial sweeteners is a predictor of overweight/obesity. New evidence published this year in the prestigious science journal Nature suggests one possible answer. In a series of studies in animals and humans the researchers found that a wide range of popular artificial sweeteners damage beneficial bacteria in the human digestive tract. This, they found, is linked to insulin resistance — a metabolic disturbance that occurs in people who consume too much added sugar. We will be watching this research carefully and will update SugarScience.org as more studies on this topic are published." ●



Grandma Rules

When we have younger grandkids visit for a week or more — without parents, so we can brainwash them — I post "Grandma Rules." It's not grim at all. We have a lot of fun cooking together (lasagna, awesome split pea soup) and eating. Do we consume treats on those visits? You bet! And I'm not giving up my evening wine while they're having ice cream or chocolate milk.

If kids are hungry, and they always are, they eat free-range from lists 1 and 2. Younger kids should "ask" for a treat and know when they are consuming one. Older kids should already know and decide for themselves.

The three lists below are adapted from *Fat Chance*, by Robert Lustig.

1. HEALTHY FOOD EVERY DAY.

Eat whatever you like:

- All vegetables
- All fresh whole fruit (because fruit has fiber)
- All cereal, crackers and bread with plenty of fiber (3 grams or more) and low sugar (3 grams or less)
- Lots of brown stuff: brown bread, brown rice and grains (eg. whole wheat pasta), all beans/legumes (pinto beans, garbanzos, etc.)
- Some good protein with every meal (eg. any cheese, eggs, chicken, fish, meat, peanut butter, nuts)
- Water or milk (*Beware: Chocolate milk is a treat. So is juice. See #3 below.*)

2. HEALTHY FOOD THAT TASTES GOOD, BUT NOT EVERY DAY

(3-5 times a week):

- White stuff: white rice, white bread, white bagels, white potatoes, white tortillas, white pasta

3. TREATS WHEN YOUR MOM OR DAD SAYS OK. Ask first!

- Juice. Soda. Chocolate milk. Ice cream. Yogurt with sugar or fruit. Jam. Honey. Gum. Candy and chocolate. Cookies. Nutella. Snack bars like Nature Valley. Doughnuts. Fruit roll-ups. Come on, you *know* what a treat is because it has so many of grams of sugar and it's not on lists No. 1 or No. 2 above. (By the way, there are no good "sugar" substitutes like sugarless gum. Sorry. They're bad for your body.)

Practice: When reading labels, don't worry so much about calories or fat. (Some fat is good for you.) Try to find how many grams of sugar are hiding in there. Every four grams is a whole teaspoon of sugar. *Seriously.* ●

January Clearance



\$299

Wall-A-Way
Recliner



\$329

Wall-A-Way
Recliner



\$399

Rocker
Recliner

Save up to
\$500

on closeout mattresses



Save on
closeouts and
floor samples



Sofa **\$449**

Loveseat \$399



Sofa **\$699**

Loveseat \$649



Reclining
Sofa **\$799**

Console Reclining Loveseat \$749

**TRIPLE
CHOICE!**



YOUR CHOICE!
ELATION FIRM, PLUSH
OR PILLOW TOP

\$599

Twin Set \$449
Queen Set \$549
King Set \$899

YOUR CHOICE!
REGAL FIRM, PLUSH
OR PILLOW TOP

\$699

Twin Set \$499
Queen Set \$649
King Set \$999

YOUR CHOICE!
BERKSHIRE FIRM,
PLUSH OR PILLOW TOP

\$799

Twin Set \$599
Queen Set \$749
King Set \$1099



**FINANCING
AVAILABLE
OAC**

Mattress & Sofa Outlet Store
"Your Sit & Sleep Specialists"

705 4TH ST., EUREKA • 442-4510

STORE HOURS

Mon. thru Sat. 10 a.m. – 6 p.m. Sundays 11 a.m. – 5 p.m.

Financing Available O.A.C.



	★ On the Corner!	1st.
H St.	4th Street U.S. 101 South	
	5th Street	

CAP'N ZACH'S CRAB HOUSE

Fresh from our Boat to You

— DUNGENESS CRAB —

OPEN TUESDAY-SUNDAY • 11AM-6PM
(market and weather permitting)

Closed Mondays • 839-9059
Corner of Central & Reasor, McKinleyville

HEY, BANDS.



Submit your gigs online at
www.northcoastjournal.com

Michael Montgomery / Hair Artist
Specializing in color, highlights, ombre, haircuts, trends.

Come in for a free consultation.

Siana
Natural Spa & Salon

Tues-Sat
10 a.m. - 6 p.m.
or by appointment

(707) 712-1164
685 F St., Arcata



DR. PAUL DOMANCHUK
OPTOMETRIST

THE VISION CENTER

Providing Eye Care & Eye Wear for over 50 years.

DR. KENNETH KAISER
OPTOMETRIST
Previously with Eye of the Phoenix

616 H STREET • EUREKA

443-1619

News

Policing the Police

EPD Convenes Review Board on McClain Shooting

By Thadeus Greenson
thad@northcoastjournal.com

The way Eureka Police Chief Andy Mills sees it, his department took a “big, bold” step toward transparency and accountability on Jan. 15, when he convened a community review board to look at the death of Thomas “Tommy” McClain, who was shot dead by an officer last year. Others, however, see the review as, at best, a first step and, at worst, a whitewashing effort.

“The purpose is to have somebody else looking at what transpired, other than just the police department,” Mills said. “The hope is it will help us think through what happened and why, and give the community a level of confidence and transparency — confidence that it’s not just EPD looking at our own shooting. It’s my personal belief that with transparency comes legitimacy.”

The subject of some system of community review of law enforcement is not a new one in Humboldt, and bubbles up with some regularity on the heels of critical incidents. The conversation reached a fever pitch back in 2007, after Martin Cotton II died in the Humboldt County jail hours after a violent confrontation with EPD officers. Cotton’s death came after EPD recorded a string of four fatal officer-involved shootings in the span of a year. But the conversation has always fizzled, with widespread disagreement over what form such a review board should take and what power it should have.

Nationally, however, the conversation is raging, thrust under the public microscope by a string of police actions that have spurred widespread protests and scrutiny. Currently, there are more than 200 known civilian law enforcement oversight bodies sprinkled through communities across the country. They range widely in form and function. Some have paid staff and the power to conduct independent



A MEMBER OF THE MULTIAGENCY HUMBOLDT COUNTY CRITICAL INCIDENT RESPONSE TEAM COLLECTS EVIDENCE ON ALLARD STREET, WHERE A EUREKA POLICE OFFICER SHOT AND KILLED THOMAS “TOMMY” MCCLAIN ON SEPT. 17, 2014. PHOTO BY THADEUS GREENSON



EUREKA POLICE CHIEF ANDY MILLS AT A PRESS CONFERENCE DISCUSSING THE SHOOTING DEATH OF THOMAS “TOMMY” MCCLAIN. PHOTO BY MARK MCKENNA

investigations into critical incidents and citizen complaints, like those in Berkeley, Los Angeles, Oakland and Long Beach. But most are less formal affairs that act largely as advisory boards and places for citizens to bring complaints and concerns.

In a paper submitted to President Obama’s Task Force on 21st Century Policing, the National Association for Civilian Oversight of Law Enforcement (NACOLE) said the “current crisis of mistrust and breaking or broken relationships between police and the communities they are sworn to serve and protect is one of the most pressing challenges facing the nation.” The paper goes on to tout civilian oversight bodies as a way to foster accountability, transparency and confidence, and to generally break down the walls that often exist between police and the public.

The McClain shooting is just the type of critical incident most review boards would take up, said NACOLE’s president, Brian Buchner. McClain was shot and killed in the front yard of his Allard Street home shortly after midnight by EPD officer Stephen Linfoot, who, according to Mills, opened fire after seeing McClain reach for a BB gun in his waistband. The unloaded

BB gun was almost indistinguishable from a real handgun. Former Humboldt County District Attorney Paul Gallegos declined to pursue criminal charges against Linfoot or any officers involved in the incident after an investigation by Humboldt County’s multiagency Critical Incident Response Team. Mills said the investigation revealed the shooting to be a justifiable tragedy. (For a more detailed version of EPD’s account of the shooting, see prior coverage at www.northcoastjournal.com.)

But Mills said he wants to learn if there’s any way EPD could have better handled the incident, which is one of the reasons he convened a community review board. The board was made up of six people: EPD Capt. Steve Watson, then Eureka Police Officers Association President Josh Siipola, Eureka City Council Members Melinda Ciarabellini and Linda Atkins, Humboldt County Coroner Dave Parris and local attorney Elan Firpo. Mills said he gave each of the board members a full copy of the investigative file, as well as a 13-page summary put together by his department. The board also had access to all evidence in the case, as well as EPD’s policies and procedures and training materials.

Mills said he asked the board to compare all the materials, wanting it to evaluate both the incident itself and the multiagency investigation into it, as well as whether officers followed departmental policies and whether the policies themselves need tweaking. “If there are things that could be done differently in how we respond to these incidents, then I want to hear it,” Mills said, adding that he requested the board offer him its findings in writing. (The board members have agreed not to talk about the process, respecting the confidentiality of the investigative file.)

Asked if he intended to make those findings public, Mills said, “Not at this point,” adding that he would need to confer with the city attorney and some other

people before doing so due to the threat of civil litigation.

That the board's findings won't be made public doesn't sit well with some.

Redwood Curtain Copwatch issued a press release the day the board met decrying the process, going so far as to say it was an attempt to "perpetuate the farce of independent investigation and transparency." Copwatch has pressed for an inquest — a public fact-finding hearing conducted by the coroner — into McClain's death. "Instead," local activist Amanda Tierney said in the release, "the city of Eureka gave us a PR stunt."

The makeup of the review board is also a point of contention, as it's made up of two current EPD officers, a former EPD detective (Parris), a former sheriff's office employee (Ciarebellini) and a former prosecutor (Firpo). Mills was unapologetic for this, saying it's important to have people who understand use-of-force situations and the reasonable options available to officers. Parris, Mills said, is an expert in death investigations and Firpo is a skilled attorney with legal expertise in the "tolerance level of reasonableness." The general public, Mills said, is represented through its elected officials.

Buchner said Mills makes some valid points, "and his is a real concern that these kinds of cases will be reviewed by individuals without any understanding of policing, police tactics, use of force, department policy, or law." But there's some validity to the criticism of Mills' board, as well, Buchner said.

"The whole point of independent review is to have non-police officers look at something and see if it makes sense to them — and not just from a casual, common sense way, but to provide the public with a singularly independent, technically proficient and sophisticated account of the actions taken by the police, evaluating whether those actions were appropriate under the circumstances or showed a need for some measure of reform," Buchner said. "Therefore, if the point is to have a truly independent review of the incident, which has tremendous benefit for the police department and for the public, then the majority of the board should not be comprised of individuals with a law enforcement background."


Greg Allen, an attorney who chairs the local chapter of the American Civil Liberties Union and was at the forefront of cries for police review back in 2007, said Mills' convening a board to look at McClain's death is a big step. The fact that EPD is bringing in some folks from outside the department and soliciting their input on a critical incident for the first time can't be dismissed, he said. "This is a step in the right direction, Allen said. "If you look at it as a step, it's certainly better than nothing." ●

CELEBRATING OVER 50 YEARS

JANUARY SALE

AT PIERSON'S

REDWOOD DECKING



Locally milled lumber. Beautiful & durable. 8-18' lengths. S4S. #14250

2x6
Reg. \$1.59
\$1.29 L.F.

BARE ROOT TREES

Our new selection for 2015 is here! Choose from fruit, flowering and shade trees. 100's in stock.

20% OFF

BARE ROOT ROSES

Large assortment of dormant packaged bare root roses are in stock including new award winners and popular varieties.

25% OFF



WOOD PELLETS

Bear Mtn. wood pellets burn hotter, longer and cleaner than other brands. #121305

40-LBS.
Reg. \$6.39
\$5.99 BAG

SHOP LIGHT

2 lamp, 32 watt, T-8 fixture. #3429487

4-FOOT
BULBS NOT INCLUDED
\$17.89 EACH

PLANTER BOXES

All-heart 2x12 and 4x4 redwood. Bottom covered with 1/2" hardware cloth to exclude gophers. Made locally.

3x6 #14288
Reg. \$157.49
\$139.00 EACH

4x8 #14289
Reg. \$202.49
\$179.00 EACH

ROSE PRUNING SEMINAR

Master Pruners, from the Humboldt Rose Society, will give easy-to-follow instruction on pruning all kinds of roses.

SUNDAY, JANUARY 25TH 10:00 A.M.
IN OUR GARDEN SHOP

FLOOD BULBS

65-watt flood bulbs. Bright white light. Longer life. #3404241

2-PACK
Reg. \$3.99
\$1.00 PACK

ECO FAN

'Alcona' Heat-powered stove top fan. Stay warm. Save energy. #424605

Reg. \$79.99
\$59.88 EACH

STEPPING STONES

Red or Gray. #120511, 12

12" SQUARE
Reg. \$1.99
\$1.64 EACH

SPECIALS

- FENCE BOARD 1x6x6. Dog ear. #101414... **\$1.69 EACH**
- 2x8 CEDAR LUMBER Rough red cedar. #100126... **\$1.69 L.F.**
- 2x12 CEDAR LUMBER Rough red cedar. #100128... **\$2.49 L.F.**
- POLY TARPS Asst. sizes, colors & camo... **20% OFF**

Sale Items Limited to Stock on Hand

JANUARY 20TH-26TH

www.thebighammer.com

BLUEBERRIES

Grows well in our coastal climate. 8 varieties. #727008

1-GALLON
Reg. \$9.99
\$7.88 EACH

HARVEST SUPREME

Fortified organic premium soil amendment. #709065

2 CU.FT.
Reg. \$6.99

PLANTING MIX

All-organic, long lasting ingredients. #709252

Reg. \$6.99
\$5.99 BAG

PIERSON BUILDING CENTER

4100 BROADWAY • EUREKA • 441-2700

BLOG JAMMIN'



IN JULY, OUR RED PANDA FAMILY EXPANDED AGAIN WITH A PAIR OF TWIN GIRLS BORN TO STELLA LUNA AND SUMO. NOW THAT THE YOUNG LADIES ARE OUT IN SOCIETY, THEY'LL BE NAMED SOON. THE SEQUOIA PARK ZOO HAS SET UP A LIST OF OPTIONS TO VOTE ON (MANY INSPIRED BY THE REGIONS WHERE RED PANDAS DWELL, SO IT'S NOT LIKE "CHAI" WOULD BE A HIPSTER/POSEUR THING) ON ITS FACEBOOK PAGE. PANDA FANS AND RED PANDA RANGERS (WE SEE YOU) CAN CAST THEIR VOTES UNTIL JAN. 23 AT 5 P.M.

— JENNIFER FUMIKO CAHILL

COURTS / CRIME

'Senseless is an Understatement'

It's been almost a year since 29-year-old Vincent Earnest Sanchez picked up a shotgun and shot both his half-brother and a life-long family friend at point-blank range in a Eureka home, but it remains unclear why.

Sanchez was sentenced earlier this month to serve 40 years to life in state prison after pleading guilty to two counts of second-degree murder. According to a probation report, Sanchez had been living with Rick Storre for about a year when, in February 2014, Sanchez's maternal half-brother, 25-year-old Lance Delbert Henry, came to live with them. Around the same time, Sanchez purchased the shotgun, according to the report.

Sanchez told police, according to the report, that he, Storre and Henry were all home the night of March 24, 2014. At one point, he said, he left the house, retrieved his shotgun, loaded it and came back inside. He shot both men.

Police asked Sanchez why he killed the two men, according to the report, but

he didn't answer and instead repeated exactly how he'd shot them. "Later in the interview, defendant again described the sequence of events, while using sound effects," the report said. "It was noted that his depiction was cold and without emotion. ... To say this crime is senseless is an understatement."

Read an expanded version of this story at www.northcoastjournal.com.

— Thadeus Greenson

ENVIRONMENT / GOVERNMENT

Poacher Resigns from Land Trust

Facing the threat of a vote to remove him from office, Humboldt Bay Harbor, Recreation and Conservation District Commissioner Aaron Newman stepped down from his seat on the Northcoast Regional Land Trust Board of Directors.

"There was just a difference of opinion that caused some discomfort on that board, so I didn't want to be party to that," Newman said the morning of Jan. 16, adding that he'd "rather not" discuss

ZAMORA'S FURNITURE

At the corner of 6th & I in Arcata! • Open Mon-Sat 10:30-5:30pm., Sun Noon-4pm • 845-9148

Zamora's Furniture is gearing up for the holidays, lots of new furniture in stock daily! Students get 5% off with student ID, come in and check it out!



\$419
Brown Sectional



\$358 **Leather Adjustable Pillow Top**



\$239
Leather Chair w/ Ottoman



\$219
5 Piece Set



\$100
Metal Futon Frame



\$169
Half Pub Table



Futons, dressers, dining room table and chairs, couches, hope chests and MUCH MORE at Zamora's Furniture!

ACCORDING TO THE WRITING ON THE WALL IN EUREKA, EITHER LUCIFER IS POISED TO FILL THE WORLD WITH DARKNESS AND CHAOS, OR SHINY SILKS ARE BACK FOR SPRING. MAYBE BOTH. WHETHER THAT'S THE WORST INVERTED CROSS EVER, A PLUS SIGN (FOR POSITIVITY?) OR A CLIFFHANGER OF AN UNFINISHED THOUGHT ALSO REMAINS TO BE SEEN.

— JENNIFER FUMIKO CAHILL



NEXTDOOR.COM

the details of what caused his resignation from the board he's served on for a couple of years.

But Board Member Clif Clendenen said the "difference of opinion" actually surrounded whether Newman should continue on as a board member after pleading guilty to three misdemeanor fish and wildlife violations that stemmed from

allegations that he'd habitually poached abalone and lied to a state agency.

"I didn't relish the idea," Clendenen said, "but I would have voted to remove him, with difficulty."

Read the full story at www.northcoastjournal.com.

— Thadeus Greenon



STAY CONNECTED www.northcoastjournal.com/blogjammin

f northcoastjournal ncj_of_humboldt ncjournal newsletters

SPICER SALE

70% OFF 100 Paintings

2 Day Only

**Fri. Jan., 23rd & Sat. Jan. 24th
noon - 7pm • Painting Giveaway**

**PIANTE GALLERY
620 Second St. Eureka**

Mad River Community Hospital

Welcomes new patients to two of our convenient clinic locations

A.J. Eckert, D.O. (Family Medicine)

attended Main Dartmouth Medicine Residency after graduating from Touro University of Osteopathic Medicine in Vallejo, CA. She is board certified in Family Medicine.

Eckert's practice includes a full spectrum of family medicine, integrative and osteopathic manipulative medicine. She welcomes patients of all ages.

For an appointment call Mad River HealthCare suite 14 at 822-0293.



A.J. Eckert, D.O.

Shahram Abbassi, M.D. (Pain Management)

is board certified by the American Board of Anesthesiology with a subspecialty in Pain Management. Abbassi heads the Pain Management Team which provides a wide range of services such as nerve blocks, epidural injections, trigger point injections and more advanced procedures such as vertebroplasty and spinal cord stimulator implants.

Mad River Pain Clinic is dedicated to personalizing interventional options for chronic pain sufferers.

Patients are seen by physician referral only 826-8271.



Shahram Abbassi, M.D.

What's up, Doc?

By Grant Scott-Goforth

grant@northcoastjournal.com

I got my 215 card on a drippy early afternoon. It took about an hour and a half, but a good portion of that was spent in the waiting room — even though I had an appointment. The whole business felt doctory and friendly — if a little rougher around the edges than your average clinic visit.

Let's back up. I, like many people who grew up in Humboldt County, started experimenting with marijuana for fun in my teens. That continued through my early 20s until I realized that getting high just wasn't for me — it brought on, or at least exacerbated, anxiety and a general young-adult malaise.

So why, now, seek a medical marijuana recommendation? I'll admit, at least part of it was simple curiosity. I'd heard from several people it was remarkably easy — show up claiming some malady, pay your fee and boom, it's legal for you to grow, possess and purchase pot. Larger motivation was for work, having taken on the pot beat. I've been to events with 215 areas I'm not allowed to visit. I want to see what the patients see; to visit dispensaries and experience what they experience (maybe without the high). I wanted to see behind the curtain of a fascinating and still relatively new medical industry.

I'm a generally healthy person. But I had no intention of trying to deceive or exaggerate my way into a recommendation, so I walked into the clinic that day with two problems I suspected might get me approved for medical pot. First, I

tweaked my back in my late teens playing basketball, and it's been an off-and-on problem since. Second, I've got general anxiety — another thing that comes and goes depending on what life's throwing at me.

I don't consider either of those undiagnosed afflictions debilitating. Would they be enough for me to get a doctor's recommendation for marijuana?

Stepping into the clinic (which I won't identify), was like entering a doctor's office in an ever-so-slightly alternate universe. I filled out my paperwork on an overstuffed couch instead of a stiff chair. Posters hung on the walls in place of nutritional charts. It all felt a bit slapdash, as though they hadn't really cleared the remnants of whatever business previously occupied the space. But my nerves eased as the young men checking in patients chatted amiably with the six to eight other people — all men, ranging from early 20s to late 60s, from work boots to dress shoes — who came and went in the time I was there.

When it was my turn, I was ushered back to see a nurse, who sat under an Einstein poster asking me questions that I had mostly already answered on the medical forms. "What's the pain like? Is it chronic? Have you treated in the past with marijuana?" She asked if I knew about CBDs (THC's non-stoney, potentially medicinal cousin present in certain strains — I did), and lamented that marijuana remained illegal at all. She took my pulse,

my blood pressure.

Then, into another little room, where I sat in front of a computer monitor waiting to Skype with a doctor. After a couple minutes he popped up on the screen, introduced himself, read my ailments back to me, reiterated some legal language and boom: a 12-month recommendation in less than 60 seconds.

Was it easy? Yes. The assembly line approach felt impersonal, but that makes sense, given that it's vastly different from other health care practices. People don't go there for a thorough evaluation or a breakdown of exactly what marijuana product is best for them; it's just a middle step between patients' primary care provider and their dispensaries.

It's like getting your doctor to acknowledge something's wrong, then going to the pharmacist to ask what will help. Luckily, we have top-notch marijuana pharmacists; in a year of writing the Week in Weed, I've met a lot of dispensary owners, employees and advocates who care deeply about getting the right medicine

to the right people.

More than 2,000 people have been issued medical marijuana cards in Humboldt County since 2004, according to the California Department of Public Health — 78,000 statewide.

Many of those cardholders probably had a plan when they walked out of the clinic. Maybe others, like me, felt it was more of an exercise — a potential tool — than the beginning of a treatment plan. Others wanted to expand their options, to explore how marijuana could help. With the right pharmacist, they'll be in good hands. ●





RENEW YOUR COMMITMENT TO YOU.

30 Days of Unlimited Classes • \$30*
10-Class/Sauna Pass • \$100**

turbo kickboxing, trx, meditation,
strength & conditioning, yoga & core flow

essential elements

spa • sauna • studio

Purchase before 2/15/15.
*First-time students only **New + existing students


1639 Central Avenue, McKinleyville • (707) 839-7772 • www.essentialelementsspa.com

Allan Dollison
Attorney at Law

Drug Prosecutions • Family Law
Domestic Violence • Expungements
All Serious Crimes • Personal Injury
& DUI/DMV Cases

(707) 296-9050
937 6th St. • Eureka, CA 95501
humboldtcriminalattorney.com

FREE CASE EVALUATION



Lazio Seafoods

"My Grandfather, Tom Lazio opened Lazio's Seafood restaurant in 1944. My dad, Lawrence Lazio, ran the restaurant and the Tom Lazio fish plant starting in the mid 1950's. I took over the mail order/tuna business in 1992, but I have really been working for the company most of my life," explains current Lazio Seafood's owner Patty Lazio-Callison. Lazio Seafoods provides high quality albacore, sustainably harvested from the waters of the Pacific North West. The new larger can size, 7.5 oz, contains 100% solid white Albacore that has been cooked, just once, in its own juices. The only thing added is a pinch of sea salt! Fillers or flake pieces are never added. Lazio's premium albacore is low in mercury and high in omega-3's and is always canned in small batches. This is not your ordinary tuna! Great on salads or even better, right out of the can! Just grab a fork!

Customers may have noticed the lack of Lazio's premium albacore on store shelves in the past; this was due to having a tough time finding a co-packer/cannery that would hold up to their high standards. "After 5 years of looking, we finally found a cannery that would fit with our quality-first approach," Patty explains. With this new partnership, Lazio Seafoods plans to expand into other products in the near future. Still not convinced? Julia Child was a customer!

You can find Lazio's premium Albacore at all five Murphy's locations as well as online at lazioseafoods.com



Manitoba Harvest
Organic Hemp Hearts
Raw Hemp Seeds. 7 oz

\$5.99



Manitoba Harvest
Hemp Pro 70
Vanilla. 11 oz

\$12.99



R.W. Knudsen Family®
Juice
Mega Antioxidant™
Mega Green™
Morning Blend®
Lemon Ginger
Echinacea

2 for \$5



MURPHY'S

Sunny Brae • Glendale • Trinidad • Cutten • Westwood



The Affordable Care Act Turns 1

Can Obamacare solve homelessness?

By Thadeus Greenon

The debate over the Affordable Care Act has covered all angles, both nationally and locally. Some have decried it for reaching too far in some corners, and not far enough in others. Some have lampooned it as an administrative cluster kerfuffle, and others have praised it as a monumental tweak of a system in dire need of help. But, with all the impassioned debate over insurance exchanges, death panels and pre-existing conditions, one question flew under the local radar: Can Obamacare help solve Humboldt's homeless problem?

Local officials believe the answer to that question is yes, largely because they think newly available funding streams under Obamacare will help form one prong of a multifaceted approach to helping homeless people and mitigating their impacts on the community. The idea is to use the new funding to repurpose Eureka's Multiple Assistance Center into an intake facility that gets chronically homeless and mentally ill people off the streets and connected with services before they are ultimately placed into long-term housing.

Known as The MAC, the Multiple Assistance Center was built in 2005, erected out of a partnership between the county, the city of Eureka and the Redwood Community Action Agency. With a capacity of 100 beds, the center

integrated short-term housing with case management programs designed to help homeless individuals and families get back on their feet. But the facility relied on a "patchwork quilt of funding," according to RCAA Executive Director Val Martinez, and sputtered when the agency lost a three-year grant that had been used to launch the center.

That left the MAC in a state of crisis and local officials facing the prospect of shuttering a facility they'd built just a few years earlier after an arduous and at times painful public process. The city and county ponied up a combined \$200,000 from their general funds to help RCAA keep the center's doors open, but wholesale changes were necessary to put it on sustainable footing.

"That's when we stepped in," said Phil Crandall, director of Humboldt County's Department of Health and Human Services. "We didn't want to lose that brick-and-mortar structure." Working with RCAA, the department repurposed it, turning it into a transitional program solely for families. Crandall said the new MAC model relied on CalWORKs — the state's welfare-to-work program that provides cash assistance to low-income families with children while helping parents find work — a funding stream not open to single adults.

The facility that had opened promising at least 82 beds for homeless people of all types closed its doors to men and women without children. Since its repurposing in 2008, Martinez said the MAC has provided services to up to 18 families at a time, usually housing between 50 and 60 people — half of them children — at any one time. The center is almost always at capacity, she said, with families relying on parenting and life skills classes, job training, education, substance abuse resources and other services for up to two years at a time.

Though Martinez wasn't immediately able to provide data on the program's outcomes, she said it's been successful. But things — including the homeless conversation in Humboldt County — have changed markedly since the MAC repurposed in 2008.

It was just about 16 months ago that Humboldt's most recognizable businessman and political lightning rod, Rob Arkley, convened a packed meeting at Eureka's Wharfinger Building. While the discussion at the meeting meandered and darted all over the map — with some, including Arkley, arguing that Humboldt's generosity and government programs were making it a magnet for the homeless, and others saying more aid and services were the answers to getting people off local streets — there seemed to be a

unity in urgency. Numerous officials have pointed to that meeting, which brought together service providers and business owners, as a kind of tipping point.

After that meeting, a group of local stakeholders, including Fourth District Supervisor Virginia Bass and Crandall, began meeting regularly to discuss the issue. The seeds of Eureka's City Homeless Improvement Project, a multifaceted approach to addressing homeless people, were sown. And, some have said it was that meeting that spurred the Eureka City Council to contract with Focus Strategies, a Sacramento-based consulting firm that specializes in helping communities shape programs aimed at ending homelessness. (Numerous officials said Bass has been integral to recent efforts to address homelessness and bring the county and Eureka together on the issue.)

Focus Strategies turned over its final recommendations to the city on Aug. 12, and they were a game changer: "Focus Strategies recommends that the city focus its efforts on solutions that will actually end homelessness, rather than attempting to better manage the problem." In other words, the consultant said Eureka should shift its focus from police sweeps of homeless encampments to developing an infrastructure and programs to get homeless people into long-term housing. It's



TOP A HOMELESS ENCAMPMENT UNDER THE U.S. HIGHWAY 101 EUREKA SLOUGH OVERPASS WAS ABANDONED WHEN WATERS ROSE DURING A RECENT STORM. **ABOVE** THE REMNANTS OF A CAMP SITE ON THE OUTSKIRTS OF ARCATA.
PHOTOS BY LINDA STANSBERRY

OPPOSITE J-SON AND BRITTANY SIT ACROSS FROM ST. VINCENT DEPAUL'S FREE DINING FACILITY IN EUREKA.
PHOTO BY MARK MCKENNA

the same housing-first approach that the U.S. Department of Housing and Urban Development began fervently pushing in 2010 with the idea that giving a homeless person a home gives him or her the stability and security needed to break the cycle of homelessness.

The Focus Strategies paper also preached evidence-based practices, which was music to Crandall's ears. "It's a pretty good document that we could support," he said. "We really need to rely on data and evidence-based practices to give us the best chance to make an impact. The data says that most people placed in rapid rehousing stick, as counterintuitive as that may seem. Most people, given a place to be and reliable access to food and managed care can change, get up and engage. They don't require long-term government

intervention."

The policy paper recommended the city work with the county to find ways to tap into Mental Health Services Act funding to provide short-term housing for mentally ill homeless people who aren't being adequately served and consequently place a high burden on local emergency services. Eyes quickly turned to the MAC.

The new vision for the center is to provide short-term care for the county's most chronically and mentally ill homeless adults, filling a void in services. Eureka Police Chief Andy Mills said that, currently, when his officers come across mentally ill people causing a disturbance on the streets, they have three basic options: take them to Sempervirens Psychiatric Hospital if they think they're a danger to themselves or others, book them into jail

continued on next page ►

CAL-ORE Life Flight

Membership Benefits You Can't Live Without...

- Emergency Air Ambulance
- 911 Ground Ambulance (Curry Co.)
- Low Annual Rates
- Non-Emergent Transportation
- Peace of Mind
- National Network of Providers
- Coverage for Everyone in your Household
- No Out-of-Pocket Costs

Sign up or renew today
800-793-0010

Annual Membership \$64/household
Call Jennifer Hart 530-510-2915



AirMedCare
NETWORK®
REACH™
Air Medical Services
AirLink
Critical Care Transport
cal-ore.com

**Come in to Lima's
Professional Pharmacy for
all your Pharmaceutical &
Compounding needs.**



Lima's
Professional Pharmacy, Inc.
Your Pharmacy for Life

Lima's Professional Pharmacy
2097 Harrison Ave, Eureka

Phone: 707-441-8500
Fax: 707-443-7608

Lima's Specialty Care Pharmacy
2097 Harrison Ave Suite 1, Eureka

Phone: 707-441-8538
Fax: 707-443-0540

www.limasrx.com



Arcata Humboldt Open Door 770 10th St. (707) 826-8610
 NorthCountry Clinic 785 18th Street (707) 822-2481
 NorthCountry Prenatal Services
 3800 Janes Road, Suite 101 (707) 822-1385

Crescent City Del Norte Community Health Center
 550 E Washington Blvd (707) 465-6925
 Del Norte Community Health Center Dental
 550 E Washington Blvd (707) 465-4636

Eureka Burre Dental Center 959 Myrtle Ave. (707) 442-7078
 Eureka Community Health & Wellness Center
 2200 Tydd Street (707) 441-1624
 Kids Express 2200 Tydd Street (707) 269-7057

Ferndale Ferndale Community Health Center
 638 Main Street (707) 786-4028

Fortuna Fortuna Community Health Center
 3304 Renner Drive (707) 725-4477

McKinleyville McKinleyville Community Health Center
 1644 Central Avenue (707) 839-3068

Willow Creek Willow Creek Community Health Center
 Hwy 299 #38883 (530) 629-3111

Need help navigating CoveredCA, MediCal or CalFresh?

Contact Open Door Member Services. Located in Del Norte County (707) 465-1988 and Humboldt County (707) 269-7073. You do not need to be a patient of Open Door to work with our staff and assistance is free!

Visit www.opendoorhealth.com for more information!

ON THE COVER



A HOMELESS MAN SLEEPS ON THE STREETS NEAR THE EUREKA RESCUE MISSION. PHOTO BY MARK MCKENNA

The Affordable Care Act Turns 1 *continued from previous page*

if they've broken the law or let them go on their way.

EPD and Crandall's department recently announced a partnership that has two mental health professionals — a clinician and a caseworker — teaming up with officers in the field in what's been dubbed the Mobile Intervention and Services Team. The clinician spends a couple days a week on the beat with the officer, reaching out to mentally ill homeless people and trying to connect them with services, and remains on call the rest of the week if needed. The caseworker, meanwhile, follows up with those contacted by the clinician, helping them to develop a treatment plan that may include things like outpatient mental health counseling, medication support, shelter and drug and alcohol treatment.

Mills said his department has identified the 30 people in Eureka who are the top generators of calls for services, and the team will start with them. But for now, the work will have to be done largely on an outpatient basis. The end goal, Mills said, is to funnel these people — if they consent — into the MAC, where they can be stabilized and have their physical medical needs met before being transitioned into more stable housing, whether it be on their own or into a managed-care environment. Crandall said the idea is for folks to stay at the MAC for 30 to 60 days so they can be assessed and have their immediate needs met as a long-term treatment plan is put in place.

Crandall said the new MAC will also accept referrals from the Betty Kwan Chinn Day Center, Sempervirens and other agencies and organizations, with an eye on helping those who are chronically homeless and mentally ill work toward a better

life. "It's not just going to be an off-the-street, walk-in facility," he said.

But how big of an impact can an 82-bed facility really have on Eureka's homeless situation? It's unclear, as reliable data is hard to come by. The Point-in-Time Homeless count — a census taken every other year — is fraught with problems, as it relies on volunteers to get homeless people to self-report about their situations. The count, which remains the county's best gauge, found that 600 people were "homeless" in the Eureka area on a single night in 2013, but that number includes people staying in shelters, transitional housing and on friend's couches. When it comes to those truly in the wind, camping in bushes and sleeping on sidewalks, Crandall estimated there are probably around 160, while Mills guessed about 200.

Mills said he's excited about the new partnership with DHHS, and thinks the repurposed MAC's impact could be profound. "To go through those top people who are getting calls for service all the time and get them off the streets would just reduce the visual blight in the community and help people who are truly in a needy place in their lives," he said.

Crandall agreed, but also realizes that opening the MAC's doors to this new population means they close for another. He and Martinez said both DHHS and RCAA staff are working on finding placements for the families currently housed at the center, and an intake program for homeless families seeking assistance in the future.

The plan is to move families out of the MAC but make sure services follow them into more permanent housing. "The funding will go with the family," said

Your skin is your largest organ & mimics your internal health. Nourish your entire body with an Eminence Organics facial or an immunity enhancing massage.

SoultoSoul
 SPA & FOOT BAR



822-7685

soultosoulspa.com

854 10th St. in Arcata



Barbara LaHie, DHHS' assistant director of programs. Noting that data supports a housing-first model, Crandall said the change at the MAC might also bring about better outcomes for families. "We don't want to encourage bonding to a program, we want to foster independence," he said.

But fostering independence requires that families and individuals ultimately have a space of their own that they can call home. That means Humboldt County's affordable housing stock needs some bolstering, though Crandall said DHHS will work closely with its 40 partner agencies and organizations to find housing for those who need it.

There are still many moving parts and a lot that needs to be figured out between

now and when the MAC transitions this summer but officials say progress has been made and there's cause for optimism moving forward. A big part of that lies in the MAC's new promise of getting some of Humboldt's most at-risk homeless individuals off the streets and connected with services.

To that end, Crandall said DHHS will tap into a lot of funding streams, including HUD, the Mental Health Services Act, prison realignment funds and, likely, even the county general fund. But, he said, this probably wouldn't be possible without the provisions of Obamacare.

"The Affordable Care Act won't fully close the gap, but it's a powerful tool," he said. ●



JUDE EHRLICH
PHOTO BY HEIDI WALTERS

The Faces of Obamacare, A Year Later

By Heidi Walters

Back in March, when we first reported on the Affordable Care Act's impacts on several individuals and providers in Humboldt County, we came away with a mixed picture of relief and frustration ("Faces of Obamacare," March 6, 2014). Some folks were able to get health insurance after being previously denied or unable to afford it, while others were able to drop an expensive plan for a cheaper one. So that was good. But then some of them quickly discovered that their new insurance under Covered California wasn't accepted by most local providers — except those at Open Door Community Health Centers. And Open Door was preparing for an onslaught of new patients.

We followed up with these patients

and providers this month to find out how they've fared since.

JUDE EHRLICH

The Affordable Care Act's been good to Jude Ehrlich, 45, of McKinleyville, who was born deaf and has other health issues. It enabled him first to drop his federal Pre-Existing Condition Insurance Plan with its \$300-a-month premium and scanty coverage, and get free coverage under Medi-Cal once its eligibility qualifications were expanded. Later, Ehrlich, who'd been struggling to keep his computer repair business afloat, got a part-time job at the Area 1 Agency on Aging, and he no longer qualified for Medi-Cal. No problem, he said.

continued on next page ►

Adorni Fitness Center

JANUARY NEW MEMBER SPECIAL

NO INITIATION FEE!

ADULT \$26

SENIOR \$16

FAMILY \$38

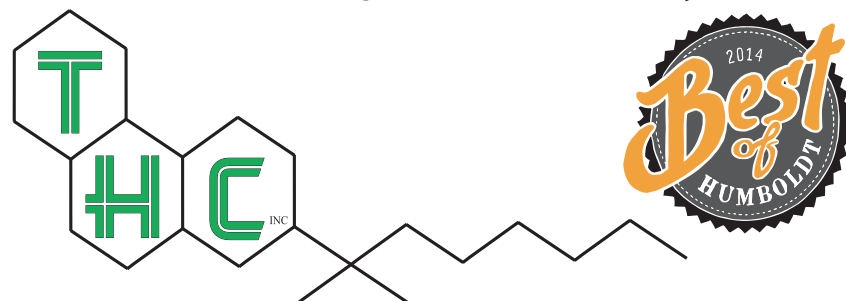
**UNLIMITED
FITNESS
CLASSES**

**NEW
CARDIO
EQUIPMENT**

**FREE
PERSONAL
TRAINERS**

HURRY IN! SPECIAL ENDS JAN. 31, 2015!

*Thank you Humboldt County for voting us
Best Medical Marijuana Dispensary 2014!*



The Humboldt County Collective

- We provide safe access for medical marijuana patients
- We have over 30 different strains and in a variety of Indica, Sativa and Hybrids
- Large selection of edibles that are a great alternative to smoking
- We also carry joints, topicals and concentrates
- Friendly and knowledgeable staff
- Our menu is on Weedfinder.com

Mention this ad
and we'll give you
10% off

Opening Hours: M-F 10am-6pm
Sat-Sun 11am-5pm

(707) 442-2420 • 1670 Myrtle Ave Suite B, Eureka

hearing can be adversely affected by other health problems

Research has shown that hearing is an important part of overall health. Knowing your body's relationship with hearing can help you stay mindful of your well-being and can help create a path for healthier living.



Untreated mild hearing loss (25dB) can double the risk of dementia



Up to one-third of sickle cell sufferers may also suffer from hearing loss



Those with heart disease are up to 54% more likely to have hearing loss



Diabetics have a 20% higher prevalence of mild hearing loss



Cotinine, found in tobacco, is linked to greater risk of hearing loss

HumboldtAudiology^{PC}

Hear what you've been missing.

831 Harris Street (J & Harris) • Eureka • 832-4919 AudigyCertified™

BIGFOOT'S NEW AND RECYCLED TREASURES



**SATURDAY JANUARY 24,
10 A.M -5 PM**

**GIVEAWAYS EVERY HOUR 12 PM.-5P.M
(MUST BE PRESENT TO WIN)**

**FREE 3 MINUTE CHAIR MASSAGES
DONATED BY CYNTHIA ROGERS, CMT
FROM MASSAGE OF THE REDWOODS**

**MEET AND GREET WITH THE LOCAL ARTISANS
WHO HAVE ITEMS IN THE STORE.**

**UNVEILING NEW BIGFOOT
CALENDARS AND T-SHIRTS.**

(707) 764-1760

220 WILDWOOD AVENUE RIO DELL

ON THE COVER

The Faces of Obamacare, A Year Later

continued from previous page

"I had to register on Covered California and find something else that would cover me for a reasonable cost," Ehrlich said. "I now have Anthem Blue Cross. It costs about \$100 a month, it is a PPO, it covers 70 percent of costs and I am responsible for 30 percent of costs."

He said the member services department at Open Door Community Health Centers helped him find the right plan.

CHARLES MINTON

When last we spoke with Charles Minton, his wife was in a plan-juggling limbo. She had enrolled with Anthem Blue Cross under Covered California, thinking to replace her existing \$15,000-deductible, catastrophic health plan with a cheaper plan with more services. But then, like so many others, she couldn't find a provider who would accept her new state insurance. So Minton said he and his wife decided she should hang onto both plans and hope for something to budge. Well, it did: Her provider finally became an in-network carrier of her Covered California plan with Anthem Blue Cross, so that's the plan she stuck with.

"Things have gotten a lot better," said Minton.

CASEY SCHUETZLE

Casey Schuetzle, who's self-employed, signed up for Covered California with great expectations. She'd been uninsured about five years since losing coverage under her parents' plan, and the new state plan covered her primary care at Open Door (which was the only local provider accepting Covered California at first) and lowered her prescription costs. But what the 30-year-old surfer from Manila had really been counting on was being able to get her bum shoulder fixed — and no surgeon would accept her insurance. But, she reports, she finally found a surgeon at UCSF and had shoulder surgery last July.

"I've surfed twice," she wrote in an email last week.

And she's been able to do all of her physical therapy locally.

"My feelings toward Covered California are more positive now that the network has expanded locally. ... I partially attribute that to the fact that I feel better, and when you feel better you can handle setbacks a little better."

OPEN DOOR COMMUNITY HEALTH CENTERS

Open Door Community Health Centers' policy, as the name implies, is to take everyone who walks in the door. Uninsured patients pay on a sliding scale, from

nothing on up. So, with Covered California, Open Door was looking at its finances improving as previously uninsured patients acquired new state health plans. And the fact that Open Door was just about the only outfit in Humboldt accepting Covered California at first — and that it's the only certified walk-in Covered California enrollment entity in Humboldt, with counselors on-hand to help patients find the right insurance coverage — promised an onslaught of new patients.

"We have experienced increased demand at all of our clinics," said Brea Olmstead, Open Door's director of member services in the enrollment department. "We've heard from many patients who never had insurance ... and from patients who previously had been a patient at a private practice that's not taking Covered California plans."

In the last three years, she said, the nonprofit's uncompensated care decreased by half: from 17 percent of patients agencywide having no insurance in January 2012, to 9 percent at the end of 2014.

In this most recent enrollment period, beginning Nov. 15, 2014, and ending Feb. 15, as of last week Open Door had submitted applications for 750 families seeking either Medi-Cal or Covered California coverage.

The nonprofit's increased patient load isn't just the result of Obamacare; since last spring, Open Door has partnered with several private practices in the Eel River Valley whose providers were retiring.

"The plan is to beef up the staff," said Olmstead, to accommodate new patients in all of its clinics. But she emphasized that Open Door doesn't turn anyone away. In some cases a person might have to wait for an appointment. But cases needing immediate attention will get in quickly.

EUREKA FAMILY PRACTICE

When Covered California first rolled out in late 2013, its major insurers locally, Anthem Blue Cross and Blue Shield, were offering such dismally low reimbursements rates — as much as 65 percent less than they'd pay providers under traditional insurance plans — that most private practices had to reject their plans. Last spring, Eureka Family Practice was still struggling with the fallout, having had a number of its long-time patients switch to Covered California and discover to their dismay that their provider couldn't accept their new state insurance. And EFP had to turn away prospective new patients, suddenly insured, for the same reason.

"We really wanted to be in-network,"



CASEY SCHUETZLE
PHOTO BY HEIDI WALTERS

said EFP's billing manager, Catherine Markle. "We weren't trying to turn our nose up."

By May, however, Anthem had come back to the table, Markle said, and agreed to offer better reimbursement rates. So now EFP is in-network with Blue Cross and Blue Shield plans with Covered California. (It is not accepting Medi-Cal, however.)

"It's really been easygoing" ever since, said Markle. Although, she added, the

practice is constantly recruiting for more providers to keep up with an influx of patients. "We're being flooded with new patients."

Mostly that's because a number of providers in the area have retired recently, and Humboldt already had a chronic provider shortage. Covered California just made things harder, Markle said, adding that "the only physician on staff accepting new patients is booked out into May." ●

Woefully Inadequate

By Grant Scott-Goforth

It's been a year since many people discovered that the lists of doctors accepting Anthem Blue Cross' and Blue Shield's Covered California plans, both locally and beyond the borders of Humboldt County, were wildly inaccurate. Many of the doctors and specialists that the insurance companies promised policy buyers would accept their new government mandated insurance had not, in fact, agreed to reimburse-

ment contracts with the insurance companies. Other doctors had moved or retired.

That caused a stink — enormous class action lawsuits, strong words from our congressman and other government officials, frustration on the parts of local doctors and insurance brokers. But it's unclear if any progress has been made.

"The first thing to say is, I don't really know," said Humboldt Independent

continued on next page ►

EUREKA

NATURAL FOODS

Open 7 days a week • 1450 Broadway, Eureka
442-6325 • www.eurekanaturalfoods.com

Tuesday Senior Discount
10% Off!
Saturday Student Discount (w/ID)
10% Off!

Prices effective 01/21-01/28

<p>Natrol Weight Loss</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>PURE CITRIMAX GARCINIA CAMBOGIA</p> <p>\$13⁹⁹ +TAX</p> <p>90 caps Reg. \$19.99</p> </div> </div>	<p>Nature's Way Weight Loss</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>RASPBERRY KETONE</p> <p>\$13⁹⁹ +TAX</p> <p>60 caps Reg. \$21.49</p> </div> </div>
<p>Irwin Naturals Weight Loss</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>GREEN COFFEE BEAN EXTRACT</p> <p>\$20⁹⁹ +TAX</p> <p>60 soft gels Reg. \$24.99</p> </div> </div>	<p>Renew Life Weight Loss</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>VANILLA SKINNY GUT SHAKE</p> <p>\$24⁹⁹ +TAX</p> <p>10 servings Reg. \$34.99</p> </div> </div>
<p>Nature's Way Immune Care</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>UMCKA COLD CARE CHERRY SYRUP</p> <p>\$9⁹⁹ +TAX</p> <p>4 oz Reg. \$15.49</p> </div> </div>	<p>Source Naturals Immune Care</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>WELLNESS FORMULA</p> <p>\$9⁴⁹ +TAX</p> <p>45 tabs Reg. \$12.49</p> </div> </div>
<p>Solaray Immune Care</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>SAMBUACTIN ELDERBERRY LOZENGE</p> <p>\$7⁹⁹ +TAX</p> <p>60 ct Reg. \$11.49</p> </div> </div>	<p>Boiron Immune Care</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p>OSCILLOCOCCINUM</p> <p>\$10⁹⁹ +TAX</p> <p>6 doses Reg. \$15.69</p> </div> </div>

2015
WEDDING
& PARTY
GUIDE

It's here!

FIND IT NOW ON
NEWSSTANDS AND
AT LOCAL WEDDING &
PARTY RETAILERS

Search the complete directory online
at northcoastjournal.com/wedding



ON THE COVER

Woefully Inadequate

continued from previous page

Practice Association CEO Martin Love. (Love's organization doesn't deal directly with Covered California). Mostly it's "chatter and gossip," Love said, with little hard data. Most doctors are pretty quiet about their reimbursement contracts with insurance companies, as they can vary widely.

"My overall impression is that many more providers are contracted than were," Love said. "But I hesitate to say that I know anything."

Penny Figas, executive director of the Humboldt-Del Norte County Medical Society, said neither she nor anyone she works with has had time to pore over the most recent iterations of the provider lists for accuracy.

"Last time I looked at the list they hadn't cleaned much of it up," she said. "It's quite a chore to go through these lists and weed them out."

But out-of-date provider lists are only part of a much larger problem on the North Coast, Figas said: an alarming lack of doctors exacerbated by a growing number of people with insurance.

"It's pretty frustrating that we have a big open enrollment period for Covered California and there's really no one for them to see," Figas said. "Every office is trying to recruit new physicians to the area."

North Coast Congressman Jared Huffman said, at least when it comes to the condition of network provider lists, things are slowly getting better. "I'm only hearing anecdotally at this point, but I am hearing about improvements. That accountability and improvement is because, thankfully, a state enforcement agency did its job."

The state began investigating the matter as a result of problems with the first enrollment period, starting with a massive phone survey to California doctors to find out if they were accurately listed as in-network providers for Anthem Blue Cross or Blue Shield.

The California Department of Managed Health Care released the results of that survey in November, finding plenty of inaccuracies and "an unacceptable

consumer experience."

The survey found that, statewide, 12.5 percent of physicians on Anthem's in-network provider directory were not at the location listed, and 12.8 percent of those listed at the right location were not accepting Anthem's plans under Covered California.

Covered California At a glance

1.2 million — number of Californians who purchased subsidized health insurance plans under Covered California

5,679 — number of Humboldt County residents who purchased Covered California plans last year

\$46,680 — If you're single and your income is less than this, you qualify for either Medi-Cal or a Covered California plan

\$95,400 — If you have a family of four and make less than this annually, you qualify for Medi-Cal or a Covered California plan

4,000 — Estimate of Humboldt County residents who became eligible for Medi-Cal last year under the Affordable Care Act

How to enroll

Call Covered California at (800) 300-1506, visit it online at www.coveredca.com or call Humboldt County's local call center at (877) 410-8809 before Feb. 15.

Blue Shield's list of in-network physicians featured 18.2 percent who were not in the location provided, and, of those who were, 8.8 percent were not accepting Blue Shield's Covered California plans.

The inaccuracies in Humboldt County were much sharper ("Bait and Switch," June 12, 2014).

Follow-up surveys are planned this year to ensure the listings are corrected and, according to spokesman Rodger Butler, the department's enforcement branch is pursuing corrective action

NEW 2015



prius



51 48 MPG^[1]
CITY HWY

\$500 plus **0.9%** APR*

FACTORY REBATE

FOR 60 MONTHS

*0.9% financing is through Toyota Financial Services on Tier 1/1+ credit approval. Not all buyers will qualify. Offer ends 02/02/15



2 MILES NORTH OF EUREKA
LOOK FOR THE CAROUSEL

(707) 443-4871

www.mid-citytoyota.com

Mon - Fri: 8:30am to 7:00pm
Saturday: 9:00am to 6:00pm
Sunday: 11:00am to 5:00pm



TOYOTA
Let's Go Places

All advertised prices exclude government fees and taxes, any finance charges, and any emission testing charge. All new car fees include a \$80 dealer doc. fee.
*Based on 2014 EPA mileage ratings. Use for comparison purposes only. Your actual mileage will vary depending on how you drive and maintain your vehicle.

“due to the seriousness of the deficiencies and the plans’ failure to promptly correct them.”

It’s unclear what those penalties might be.

“My experience with [the Department of Managed Health Care] is they tend to be pretty light on their penalties,” Huffman said. “I hope whatever they should do is meaningful enough to drive change in the industry.”

California Insurance Commissioner Dave Jones issued an emergency regulation at his Jan. 5 inauguration, stiffening requirements for insurance companies to maintain accurate in-network provider lists.

“Californians and California businesses deserve better than what they have gotten from most health insurers and HMOs,” Jones said.

The new regulation requires insurance companies to publish accurate provider lists, include “adequate numbers” of primary care physicians accepting new patients on those lists, make arrangements to provide out-of-network care at in-network prices when there are insufficient in-network care providers, and report frequently to the insurance commission, among other things. If insurance providers don’t comply, the commission can prohibit them from selling insurance in California next year.

Huffman said the pressure from the commission should address some of the worst problems of the woefully inadequate networks.

Meanwhile, Consumer Watchdog, a California-based nonprofit advocacy group, has filed class action lawsuits against Anthem Blue Cross and Blue Shield, accusing the companies of misrepresenting their in-network provider lists, among other things. Each of those lawsuits, which are pending, represents about 500,000 people who bought policies during the first open enrollment period that ended last March, explained Consumer Watchdog attorney Laura Antonini.

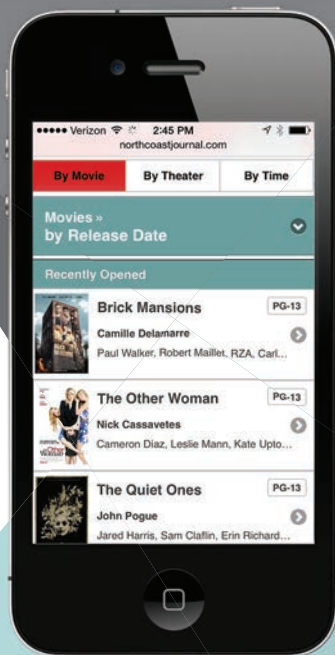
Since then, Consumer Watchdog has filed similar suits on behalf of people who purchased policies from Health Net and Cigna, though it doesn’t appear anyone on the North Coast is selling policies from any providers other than Blue Shield and Anthem Blue Cross.

That needs to change, Huffman said. “The other thing that would drive [change] is competition — incentives, if not requirements, so carriers that come into California and enjoy the benefits of all these new customers don’t cherry pick the regions they provide insurance to.” ●

MOVIE TIMES. TRAILERS. REVIEWS.

DESKTOP:
[northcoastjournal.com/
MovieTimes](http://northcoastjournal.com/MovieTimes)

MOBILE:
m.northcoastjournal.com



**Browse by title,
times and theater.**

thejournal
OF POLITICS, PEOPLE AND ART

Dottie Mays Closet



**Clothing Boutique
& Gift Shop**

819 J St., Arcata, CA
(Behind the Co-Op, Next to 3 Foods Cafe)

**Tues-Weds-Thurs 11-6pm
Fri & Sat 11-7pm
Closed Sun & Mon**

www.dottiemayscloset.com

**We sell
boxes**

**Custom
sizes**

**Bulk discounts
available**

POST-HASTE

SHIPPING • MAILBOXES • NOTARY

600 F St • Arcata • M-F 8:30-6 • Sat 9-5
825-8295 www.posthastemail.com

FedEx **UNITED STATES POSTAL SERVICE** **FedEx**
Authorized ShipCenter Approved Shipper Ground

FREE ROSE SEMINAR CARE AND PRUNING

*Saturday, January 24
10:00 - 12:00*



*Presented by
Doug Durham and
Master Rosarians of the
Humboldt Rose Society*

• Doug Durham, Master Rosarian
• Darryl Aberbom, CCN-Pro
Shafer's Garden Center

at

**SHAHER'S ACE HARDWARE'S
GARDEN CENTER**

PRE-REGISTER WITH THE GARDEN CASHIER

**ALL REGISTRANTS ATTENDING SEMINAR WILL RECEIVE
A 10% DISCOUNT COUPON ON ALL LAWN AND
GARDEN ITEMS PURCHASED JAN. 24**



We have 2 locations to serve you in beautiful Trinidad on Main and Trinity St.

Make a day of it! Trinidad has scenic beaches, hiking, dining, wine tasting and much more.

Offering Therapeutic Massage, Organic Eminence Skin Care, and All Natural Manicures & Pedicures.

Couples Massage & Spa Parties welcome!

Online instant gift certificates available at

www.trinidadmassage.com

(707) 677-9225



Photo by Callista Hesseltine

Take Tai Chi

Classes in 5 cities
Beginners welcome

Certified Instructor:
Glenda Hesseltine
gkhesseltine@yahoo.com

268-3936

www.taichiforeveryone.net

FREE ADVANCE DIRECTIVE WORKSHOP

Help your family know your end of life wishes

Learn how to convey your wishes to family and medical care givers by attending Hospice's free **Advance Directive Workshop**.

Discover the choices you will want to make in advance of a crisis.

**Saturday, Feb. 7, 2015
1:30 to 3:30 p.m.**

2010 Myrtle Avenue
Eureka, California

Pre-registration required

To register:
Call 497-6260
extension 105



www.hospiceofhumboldt.org

FIVE THINGS TO KNOW

Before You Sacrifice Your Health

By Jennifer Savage

1 Floss. Seriously. There is literally no more important advice I could make you take. You know those rare times you slide the waxy string between your teeth and are amazed at what comes out? Gross, right? Now think of all the nights you go to bed without flossing and those food bits are eating away at your enamel and you'll get cavities, abscesses, dissolving bones, *brain infections*. Not exaggerating. For those who aren't fortunately insured, dental care is expensive and hard to get. The best thing you can do to preempt the destruction is make proper hygiene a ritual: brush, floss and wash out that mouth.

2. Take a booze break. Yeah. Sorry. The whole post-holiday "Dryuary" thing has benefits beyond the expected lack of hangovers and financial savings. According to a *New Scientist* report, a few weeks off the hooch significantly lowers blood glucose levels and shrinks liver fat. Those who abstained also sleep much better, which translates into better concentration during the day. The only drawback? Slightly less social contact. Which leads us to ...

3. Make plans with friends. Your social network is critical. No, not Facebook — I mean the people you could call at 3 a.m. Or, even more importantly, who could call you. Relationships are *everything*, people! (Again, science says.) Besides genetics, few things matter as much as the people who matter to you. You might think that's

because having the support of others means you're able to talk about your troubles (and also someone will notice if you don't show up where you're supposed to and call the search team) — and you'd be right. Also your friends might encourage you to quit bad habits, like smoking or texting while driving. But the Longevity Project, an eight-decade study, shows that an even more consistent predictor of growing older happily is being there to help other people.

4. Be kind in general. Science says doing nice unto others boosts your own happiness levels, decreases anxiety and delivers a shot of oxytocin, which decreases blood pressure, thereby protecting your heart. Aww.

5. Build your life around being the healthiest version of yourself. Roll out of bed and into your running shoes. Plant a garden. Join a CSA farm program so you always have fresh vegetables around. Keep only excellent foods in your kitchen. Sign up for dance class or rowing or a recreational soccer team or show up Sundays for summertime pickup baseball games — find something physical you like with someone you like and schedule recurring dates on your calendar.

Bonus: Be open-minded, whether considering acupuncture or acknowledging the benefits of modern medicine. There's a world of options out there. Do your research, find what works for you and shun nothing out-of-hand. ●

ADULT DAY HEALTH CARE OF MAD RIVER

Providing therapeutic, health, recreational and social services
for the elderly and those over 18 years old
who are dependent on others for care.

Specialized Dementia program
Physical and Occupational Therapy
Nursing services and Personal care

Nutritious Meals
Social Services
Door-to-Door Transportation

Serving Arcata, Fieldbrook, Eureka, McKinleyville and Blue Lake since 1985
Located at 3800 Janes Road, adjacent to Mad River Hospital
For Information call us at (707)822-4866 or email ajoyceadh@gmail.com

Take it Outside

Just hitting the gym isn't enough

By Louisa Rogers

getout@northcoastjournal.com

The gym: That altar to fitness, that sanctuary where we'll transform our flabby triceps into taut, tight muscles. Surely, at the gym we'll achieve the gleaming body of our dreams!

Well, maybe. Recent studies show, the gym may be an actual *obstacle* to fitness. Why? It turns out that overall accumulated activity in the course of a day is way more important than any one workout. If you spend half an hour on the elliptical machine, and most of the other 23½ hours of the day asleep, in front of the computer, behind a steering wheel or watching TV, that half-hour is not going to make much difference. Worse, it may deceive you into thinking you're doing a lot for your body and lull you into being inactive the rest of the time.

Dr. James Levine, professor of medicine at the Mayo Clinic, has coined a mouthful of a term: "Non-Exercise Activity Thermogenesis" (NEAT), which refers to the calories burned not through artificial exercise, but through natural physical activities in everyday life. This includes raking leaves, gardening, walking the dog and doing the laundry. Ordinary activities, the kind our grandparents grew up doing, do count — and if done throughout the day, they can actually benefit you more than that elliptical machine.

For example:

Park your car in the driveway and don't get in it for a week. Better yet, a month. Walk. Walk to the bus, or ride a bike to work and to do errands.

Unplug your machines. Hang your laundry on the line instead of using the dryer (yes, it is possible in Humboldt, it just takes longer) and wash dishes by hand. Sweep and mop inside, rake leaves, weed and wash the car outside.

Stand up. A lot. Sitting is the new smoking. The very act of standing up every 20 minutes or so helps you get fit, improve circulation, reduce chances for chronic disease and lose weight. An Australian study showed that the more you sit, the more likely you are to die early, even if you're physically active.

Move more at work. Stretch, deliver messages in person instead of by email or

phone, and institute walking meetings.

Climb stairs. Stair climbing is an efficient form of exercise that quickly increases heart rate and burns calories. Downtown Eureka and Arcata both have several two-story buildings that are open to the public during office hours.

Play with your kids. Playing tag or ball, walking on the beach, flying kites — all these model an active lifestyle and help everyone stay fit.

Put on a pedometer to measure your daily steps and get visual reinforcement. I'm not the only obsessive personality I know who is known to walk another five minutes before bedtime just to see a higher number on my pedometer.

Go outside. According to a 2004 study, about 50 percent of people who exercise outdoors stick with their exercise programs more consistently than those who train indoors. If you can't make yourself get out much, a dog will help.

People who are naturally kinetic, like my husband, are less likely to gain weight. He has never belonged to a gym, but he's a study in motion: running up and down the stairs, bending, kneeling, reaching, adjusting this and fixing that. Sure, he does his share of computer time and lies on the couch, but not for long uninterrupted periods. People like him don't schedule gym time — they just stay active.

Now for confession time: After bad-mouthing gyms, well, um, I belong to one. I'm self-employed, which means working alone, and I enjoy the camaraderie of a gym. Plus I like to have an alternative environment, someplace to go away from home most days. But my workout at the gym is probably the smallest part of my overall physical activity.

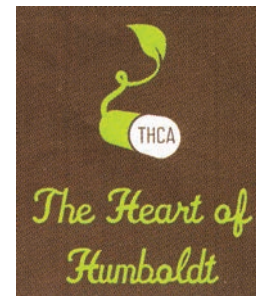
Try it. Incorporate more physical activities into your everyday schedule, and you may be surprised to find those last 10 stubborn pounds — the ones you have been struggling for months to shed at the gym — just slipping away. Mine did. ●

Louisa Rogers grew up an overweight and out-of-shape kid, but became an adult-onset fitness lover in her 20s, and that changed everything.



Medical Cannabis

can be extremely beneficial for many patients who seek relief. It can also be very confusing if you don't know all the options out there. From flowers to edibles, smoking to juicing, the amount of choices can be overwhelming. At the Humboldt CA Association, we are here to help you through the process. We offer a variety of options for our patients to choose from, but more importantly, we offer our patients the opportunity to sit down one on one with our staff and design a specific care plan for their needs. There are now several CBD (cannabidiol) options for patients who are looking for relief without a cerebral effect. CBD is the non-psychoactive cannabinoid compound that has incredible therapeutic benefits. CBD rich products are available in capsules, tincture sprays, and edibles for the patient who may not want to smoke at all. These products can help to relieve pain, reduce blood sugar levels, reduce seizures, calm inflammation, and can even inhibit cell growth in some tumor and cancer cells. There are over 100 cannabinoids that have been identified in the cannabis plant, and, with that, more benefits of the cannabis plant are discovered. We believe in the 'Heart of Humboldt', and professional and compassionate care is what you will always receive here.



6th & I St., Arcata • (707) 822-9330

home & GARDEN



GROW IT BEST.com

HUGE SAVINGS
ON GARDEN SUPPLIES
NO SALES TAX
FREE SHIPPING
LOCAL PICK-UP
LOCATION OR DELIVERY
PAY CASH ANONYMOUSLY AT
B of A

888-963-3888

GREEN EARTH
CLEANING
You've never worn anything like it.™

Treat your clothes to a day at the beach with

Norman's
DRY CLEANERS & LAUNDRY
Since 1977

Eureka
442-2527
Burre Center

Arcata
822-3570
Sunny Brae Center

Fortuna
725-9003
743 Fortuna Blvd.

Mad River Gardens
Arcata, CA

OPEN 7 DAYS A WEEK • 9am - 5pm
822-7049 • 3384 Janes Rd., Arcata

New Arrivals

- Asparagus!
- Spring Bulbs!
- Glad, Dahlia & Canna Bulbs!
- Bare Root Fruit Trees!
- Seed Potatoes!

GET OUT!



THE PRETTY PLANT THAT BRINGS THE PAIN. WIKIMEDIA/CREATIVE COMMONS LICENSE

Rash Decisions

Your guide to battling poison oak

By Linda Stansberry

getout@northcoastjournal.com

Exactly why I was thrashing around in the brush behind a trailer park south of Alton is a story for another day. But suffice to say my adventure did not come without a price. On Wednesday I was itchy. On Thursday I was scratchy. On Friday I was blotchy. By Saturday I looked like the Elephant Man. I called Anne Carlisle, a nurse practitioner at Humboldt Dermatology, for some advice on how to help readers learn from my mistakes.

Prevention

Some people are immune to poison oak and can go clambering willy-nilly

through vegetation without a second thought. The rest of us need to examine our terrain closely. The plant is easy to identify when it still has leaves ("leaves of three, let it be"), especially when it turns a deep pink color in the fall, but the leafless stalks in the winter are equally laden with *urushiol*, the oil that makes us break out in a rash. To be safe, learn to identify the plant in all seasons and try not to touch any vegetation you're not sure of. If you think you may have been exposed, avoid touching your face or genitals until you can wash up.

Once you've made it back to civilization, quick action is your best bet. That

Looking for the North Coast's best resource on all things GREEN?

Be sure to pick up the *Journal's Do It Green Guide*.

Available on newsstands all over Humboldt County, at your favorite green merchants and online 24/7 at www.northcoastjournal.com, under the Special Publications tab.



Tecnu stuff they sell for an exorbitant price at the drug store? It works. Shimmy off those clothes and throw them in a bucket with cold water and the recommended amount of special sauce. Then wash yourself down as well, taking care to use cold water. No Tecnu at hand? Several friends swear by dish soap. It makes sense. Urushiol is an oil, and dish soap will do the job of removing any oil. Follow up with regular soap. Go over any contaminated gear with Tecnu. Don't forget your car's seatbelt. Or your dog. No dish soap, no nothing? My Karuk friend says their go-to is jumping straight in the ocean, letting the salt water do its thing. Neither Carlisle nor I can confirm its efficacy. She does warn that there's no such thing as obtaining immunity through repeated exposure. In fact, the opposite is true.

"The first time a patient is exposed to the oil it may take three weeks for them to develop a reaction," Carlisle says, "But every subsequent time will develop quicker and be more severe."

Stage One: Itchy and Scratchy

So you did your best to clean up, but you're starting to notice that your skin feels like it's on fire. Scratching it feels sooooo good, as does running it under hot water. *Do neither of those things.* I promise you, it is *no bueno*. Put a topical steroid on those spots and ignore them. If you really can't stand it, slap the itchy spots instead of scratching them. Prescription antihistamines can calm the itching so you can sleep. Doctors can treat severe cases with prednisone, but Carlisle isn't a fan of this method, as it requires a tapering three-week oral dose and comes with some side effects. Many of my outdoorsy

friends swear by this magic stuff you can find at the pharmacy called Zanafel. It's not cheap, but it does seem to do a good job at drying up the rash and it's an exfoliant, so you get the satisfaction of scratching without using your dirty fingernails. Scratching, Carlisle warns, can cause a staph infection.

Stage Two: Bumpy and Oozy

By now you will have received all sorts of dubious advice from your friends. Bleach! Scalding hot water! Eating manzanita leaves by the light of a full moon! (Actually, a tea made from young manzanita leaves is a traditional preventative measure, but let an expert brew it.) Trust your Auntie Linda: Don't do anything that's going to be bad for your skin in the long run. Don't pick at or pop the pustules, just suffer through. To help dry up the oozing, you can make a great poultice using aloe, plain oatmeal, lavender oil and plantain. For extra *ahhhh*, refrigerate the oatmeal first. By the way, poison oak is not contagious. The oil will transfer from your clothes to other people (ask any logger's spouse) but your rash won't get them itchy. Don't be surprised if your friends don't want to hug you, though.

Stage Three: Dry and Flaky

So you've gone from Elephant Man to Freddy Krueger. Don't scratch. Don't pick. Keep your skin moisturized (Vitamin E oil works well) while it heals. You'll be back to your old, handsome self in a few days. Want to avoid retriggering your rash? Here's a surprise: Carlisle says that raw cashews can reintroduce an allergic reaction. So skip the mixed nuts. And maybe skip thrashing around in strange brush for a while, too. ●

Joan Woodcock Insurance Services
725-1200

CA License #0E34152
1506A Main St.
Fortuna, CA 95540

I Can Help!
Medicare Supplements
Dental • Life • Rx



Hensel's ACE Hardware
Benjamin Moore

Kitchen Store • Furniture • Appliances • Old Fashioned Candy Store

10% OFF*
FINAL PURCHASE PRICE
with this coupon

*Excludes power tools.
Not valid with other discounts.

(707) 822-2965
884 9th Street, Arcata

TRINITY DIESEL, INC
WE'RE THE SOLUTION!

Кубота I 2 I-Excavator

Rugged & Reliable
(707) 826-8400
5065 Boyd Rd Arcata
Monday - Friday — 8am - 5pm

GF
Green Future
SOIL PRODUCTS

-BULK SOIL
-COMPOST
-EARTHWORM CASTINGS

The Heart and Soul of Humboldt
825-1225 /// 4651 West End Rd. Arcata, CA

SUB ZERO
WOLF

COMPLETE LINE OF WOLF AND SUB ZERO

UP TO \$2500 OFF
WOLF AND SUB ZERO
PACKAGES AVAILABLE
ALL GAS AND DUAL FUEL

THE CARL JOHNSON CO
Est. 1948

MON - FRI 9 TO 5:30 SAT 9 TO 5

3950 JACOBS AVE.
EUREKA • 443-4851

If you can't put it in the bank...

KEEP IT SAFE!

PROTECTED BY SECURITY LOCK & ALARM
2116 4TH STREET • EUREKA, CA
(707) 443-7226

Burglary • Fire • Floor Wall • Depository • Gun

2116 4th Street, Eureka
707-443-7226

ALLERGY RELIEF • SUPERFOODS • DETOX •

VITAMIN C • SMOOTH DIGESTION • LIVER CLEANSE •

SOUND SLEEP • ANTIOXIDANTS • AID FOR THE BABY'S TEETH

WE'VE BOTH DELICATE DISHES
TO FILL YOUR BOWL
AND SPIRITUAL FOOD
FOR YOUR BODY AND SOUL

**WILDBERRIES
MARKETPLACE**

YOUR SUPERMARKET OF CHOICE!
TOP OF THE HILL, G STREET, ARCATA
VISIT US AT WWW.WILDBERRIES.COM
OPEN 6AM TO MIDNIGHT

VITAMIN D • GIFTS FOR THE NEW MAMA

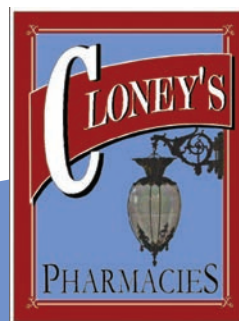
Cloney's Pharmacy

Now Offering

Diabetes Education • Compounding
Vaccinations • Automatic Monthly Refills

COME CHECK OUT SOME OF OUR UPCOMING CLASSES

The Beat	Arcata	Thursday, January 22nd	12:30 pm
The Beat	McKinleyville	Friday, January 28th	1 pm
Sweet Spot	McKinleyville	Friday, February 6th	10 am
Sweet Spot	Arcata	Thursday, February 12th	12:30 pm
The Beat	McKinleyville	Wednesday, February 25th	1 pm
The Beat	Arcata	Thursday, February 26th	12:30 pm



www.cloneys.com

Arcata: Community Center, 321 Martin Luther King Jr. Parkway
Arcata (707) 825-2027

McKinleyville: Azalea Hall, 1620 Pickett Road
McKinleyville (707) 839-0191

Cloney's McKinleyville Pharmacy
1567 City Center Rd • McKinleyville • (707) 840-9923

Cloney's Prescription Pharmacy
2515 Harrison Ave • Eureka • (707) 443-7086

Cloney's Red Cross Pharmacy
525 Fifth St • Eureka • (707) 443-1614



Medicinal Cannabis Conference

April 25 & 26, 2015

Arcata Community Center

EARLY BIRD PRICE ENDS 1/31/15 SO SIGN UP SOON!



Tuition:
\$295 (Early Bird Registration end 1/31/15)
\$340 (Regular Registration)

Thank you to our generous sponsors!



Forever Flowering GHouses • Humboldt Herbals
Moonrise Herbs • Royal Budline



ccc.hcbhp.org

We promote healthy survivorship through education
and healing support, enabling all persons to become
their own best medical advocates.

Eel River Valley Outreach Center
1719 Main Street, Fortuna
Thursday: 3 pm - 7 pm

Arcata Drop-In
987 8th Street, Arcata
Mon-Fri: 9 am - 2 pm
After hours by appointment



Proud supporters of our community since 1983
CypressGroveChevre.com/CommunityInvolvement



WAS YOUR BREAKFAST THIS PRETTY? PHOTO BY SIMONA CARINI

A Good Start

Healthy breakfasts without sacrifice

By **Simona Carini**

tabletalk@northcoastjournal.com

If we think of January as the morning of the year, then breakfast is a perfect topic to consider now. I can see the words “New Year’s resolutions” blinking bright red in your mind, but that’s not where I meant to go: I am thinking more in terms of “New Year’s suggestions.” Step into my kitchen and you’ll see what I mean.

My breakfast at home includes fresh fruit, a serving of yogurt, a small amount of nuts and a piece of good extra-dark chocolate. Yogurt entered my life when I was about 18 and has never left. I sometimes make it at home. If you have ever wondered about the complexity of doing so, it’s amazingly simple.

But if DIY does not appeal to you even in the early heady days of the new year, you can still buy all types of yogurt, including non-dairy. Plain yogurt may look a bit stark, so here is a suggestion on how to dress it up to get a combination of flavors and textures that will wake up your taste buds:

Spoon a layer of plain yogurt in a bowl. If it needs a bit of sweetener, you can mix a small amount of honey or agave nectar into it, small being the watchword here; one of the pleasures of yogurt is its delightful tartness, so you don’t want to erase that. Add some diced baked pear (recipe follows) or a sliced peeled kiwi and sprinkle some chopped toasted pistachios or pecans on top.

Whole-grain hot cereals are another great breakfast option. I often prepare rye flakes for my husband. We flake rye berries at home thanks to a hand-crank grain flaker, a neat tool you may want to add to your wish list. Rolled oats are another good choice.

Try this: Layer cooked rye flakes or rolled oats, spoon 2 to 3 tablespoons of yogurt on top, then add fruit and nuts as above. For the fruit layer, you could also use a diced avocado half or, when the fruit basket is in red alert (aka, empty), use 2-3 tablespoons of roasted applesauce (see “Baking Beauties,” Oct. 23, 2014).

Mornings can be difficult. We get up and our to-do list is already scrolling in front of our mind’s eye or on our devilish portable devices, so it is important that we bring some enjoyment to it. Taking the time to prepare and consume a flavorful and nourishing breakfast is a way of showing ourselves and our family some love. Then, come what may, we are ready to face it with a smile.

Baked Pear

Ingredients and method:

1 ripe but firm pear (Bosc or Asian work nicely)

Preheat the oven to 350 F. Wash the pear and cut it lengthwise into ¼-inch-thick slices. Take the slices that have some core, halve them crosswise and carve out the core. Distribute the slices on a baking sheet lined with a silicone baking mat or parchment paper and bake them for 10-15 minutes (depending on the pear variety). Let the fruit cool and dice it. If you have more than you can use right away, hold off dicing and store leftover slices in an airtight container in the refrigerator. Baked pear is lovely added to a salad or as stuffing for an acorn squash. ●

Simona Carini also writes about her adventures in the kitchen on her blog: www.pulcetta.com.



Next Wellness Wednesday

**FEB.
4**

Save 10%
off of our entire
Wellness Department



**NORTH COAST
CO-OP**

www.northcoast.coop | 811 I St. in Arcata | 25 4th St. in Eureka

Eating for your Health is Healthy for your EYES

Eating healthy food protects your eyes against conditions such as cataracts, macular degeneration, and dry eyes.

Beneficial Foods for Eye Health

Dark Leafy Greens

Spinach, swiss chard and kale

Yellow & Orange Fruits and Veggies

Carrots, bell peppers & oranges

Berries

Strawberries, blueberries, acai berries

Healthy Fats

Fish, flax & chia seeds, nuts, & olive oil



Start the year off with a comprehensive eye health exam. Call us to schedule your's today.

Open Monday- Saturday.

851 Bayside Road Arcata, Ca

(707)822-7641

www.atozeyecare.com

*Arcata's Newest
Fast & Fresh Food Spot!*



REDWOOD LOCAL
ARCATA, CA

**PANINIS • WAFFLES
SOUPS • SALADS**

Call In Your Order
(707) 599-1733

**Check Us Out At
601 "I" Street, Arcata**



music & more

LIVE ENTERTAINMENT GRID

ARCATA + NORTH

EUREKA + SOUTH ON NEXT PAGE ►

venue	thur 1/22	fri 1/23	sat 1/24	sun 1/25	m-t-w 1/26-28
THE ALIBI 822-3731 744 Ninth St., Arcata		P.R.O.B.L.E.M.S. and The Mother Vines (psych/surf punk) 11 pm \$5	Lord Ellis and Electric Chair Repair Co. (noise rock) 10pm \$5		
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575		MythUnderstandings w/ The Tiptons (theater/music) 8pm \$18, \$15	MythUnderstandings w/ The Tiptons (theater/music) 8pm \$18, \$15		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		<i>The Hunger Games: Catching Fire</i> (film) 8pm \$5	Random Acts Of Comedy (improv) PG 8pm \$6	<i>Frozen</i> (film) 6pm \$5, All Ages	[W] Sci-Fi Night w/ <i>Christmas on Mars</i> 6pm Free w/\$5 food/bev, All Ages [M] Quiz Night 7pm Free [T] Human Expression Night 7pm Free [W] Local Music Showcase w/ BeTh & Zach 7pm, Michael Dayvid 8pm, Ian Kelmartin 9pm Free
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Night 7pm Free	
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Full Moon Fever (Tom Petty tribute) 9pm Free	Sapphire Palace: <i>Leaps and ZOUNDS!</i> (theatre) 6pm \$60 Wave: NightHawk (dance hits) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Open Mic 8pm Free	Karaoke w/Rock Star 9pm Free	Jimi Jeff and the Gypsy Band (Hendrix tunes) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		The Roadmasters (country) 9pm Free	Tripwire (rock n' tonk) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
D STREET NEIGHBORHOOD CENTER 822-7091 1301 D Street, Arcata		Going South For Win-Tour (all ages metal) 6pm \$15, \$10			
FIELDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521		Frogbite (original music) 7pm Free			
HUMBOLDT BREWS 826-2739 856 10th St., Arcata	Willie Watson (Americana) 9pm \$15	No Good Redwood Ramblers w/Lyndsey Battle Trio (old-timey, bluegrass) 9:30pm \$5	Stu Allen and Mars Hotel (Grateful Dead tribute) 9:30 pm \$10		[M] New Mastersounds (Vintage soul-jazz) 9pm \$20
HUMBOLDT MACHINE WORKS AT ROBERT GOODMAN 937 10th St., Arcata, 826-WINE	Roots & Culture Reggae 9pm Free	Roots & Culture Reggae 9pm Free	Piet Dalmolen (acoustic guitar) 9pm Free		[W] Salsa! (lessons + dance) 9pm \$5



**FRIDAYS,
JAN 9, 16, 23 & 30
9 PM**



Home Theater Giveaway

**EACH WEEK ONE LUCKY WINNER WILL
WALK AWAY WITH A HOME THEATER PACKAGE
WORTH \$5,000!**

System provided by **SOUND ADVICE**

Complete details at the Crown Club. Earn an entry for the drawings with every 300 points earned.

27 SCENIC DRIVE • TRINIDAD, CA 95570 • OFF HWY 101
707-677-3611 • 800-684-2464 • WWW.CHERAEHEIGHTSCASINO.COM • FREE SHUTTLE

Management reserves the right to change or cancel any promotion at any time. Bet with your head, not over it. Gambling problem? Call 1-800-522-4700.



Mon through Thur

Check out the new promotions we have for our 50 or better players.

MONDAYS
Play \$10 Get \$10 from 9 am to 5:30 pm.

TUESDAYS
3X Points from 9 am to 5:30 pm. Also, enjoy our \$1.99 breakfast special in the Sunrise Deli.

WEDNESDAYS
Hot Seat Drawings for \$25 in Casino Cash every half hour from 9 am to 5:30 pm.

THURSDAYS
Earn 500 points between 8 am and 7:30 pm to receive a drawing ticket into our \$500 Cash Sizzlin' 50's Drawing at 8 pm.

Complete details at the Crown Club. One play \$10 get \$10 per individual, per day. Players must have earned 10 points on the day of the promotion to qualify for hot seats. Limit one hot seat prize per individual, per promotional day. Player may receive a drawing ticket for each 500 points earned during the promotional time. Prize envelopes available while supplies last.

27 SCENIC DRIVE • TRINIDAD, CA 95570 • OFF HWY 101
707-677-3611 • 800-684-2464 • WWW.CHERAEHEIGHTSCASINO.COM • FREE SHUTTLE

Management reserves the right to change or cancel any promotion at any time. Bet with your head, not over it. Gambling problem? Call 1-800-522-4700.

arcata • blue lake • mckinleyville
trinidad • willow creek

clubs, concerts
and cafés

Submit your
events online!
Deadline noon Friday



venue	thur 1/22	fri 1/23	sat 1/24	sun 1/25	m-t-w 1/26-28
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928			Fulkerson: Sang Woo Kang (pianist) 8pm \$10, \$5	Van Duzer: G. Love & Special Sauce (groovy blues) 8pm \$25, \$15	
JAMBALAYA 822-4766 915 H St., Arcata			PC's B-day Jam with The GetDown Crew 9 pm (sold out)	DGS Sundaze (EDM DJs) 9pm \$5	[M] White Manna, Joy, DJ Shattered Space (heavy psych) 10 pm \$5 [W] The Whomp (DJs) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Drive, Trinidad		Blue Lotus Jazz 6pm Free		Tim Randles (piano jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 825-7596 761 Eighth St., Arcata	Claire Bent (jazz) 7pm Free				[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				JD Jeffries and Michael Stewart (mixed classics & originals) 7pm Free Potluck (food) 6pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Zordon (DJ music) 10pm Free	Raising Grain (bluegrass) 9pm Free	Strix Vega, Moon Pie, Side Iron (alternative) 9pm Free		[W] Turtle Races 8pm Free
MAD RIVER BREWERY 668-5680 101 Taylor Way, Blue Lake	Joanne Rand (folk) 6pm Free	Humboldt Steelhead Days Kick Off Party w/Mad River Rose 6pm Free	NCBBBS BIG Chili Cook-off w/Cadillac Ranch 2pm \$10		[M] Cleopatra Degher (Americana) 6pm Free [W] Randles, LaBolle & Amirkhan (jazz) 6pm Free
NORTHTOWN COFFEE 633-6187 1603 G ST., Arcata		Open Mic w/Jeremy Bursich 7pm Free			
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm \$5
REDWOOD CURTAIN BREW 550 S. G St. #6, Arcata 826-7222	Roland Rock (surf jams) 8pm Free Rudelion Sound (DJ) 10pm TBA		Wild Otis (rock) 8pm Free Sidelines Saturdays w/Rudelion 10pm TBA		[M] Open Bluegrass Jam 6pm Free
SIDELINES 822-0919 732 Ninth St., Arcata		DJ Music 10pm TBA	Good & Evil Twins Karaoke 8pm Free		[T] Good & Evil Twins Karaoke 8pm Free
SILVER LINING 839-0304 3561 Boeing Ave., McKinleyville		Pat Holland (acoustic guitar) 6pm Free	Don's Neighbors (original rock) 9pm Free		[M] Karaoke w/DJ Marv 8pm Free
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	Jimi Jeff Unplugged (blues) 9pm Free			Trivia Night 8pm Free	[M] Anemones of the State (jazz) 5pm Free
SUSHI SPOT 839-1222 1552 City Center Road, Mck.					[W] Reggae Wednesdayz w/Rude Lion 10pm Free
TOBY & JACKS 822-4198 764 Ninth St., Arcata		Hip-hop DJs (glitch/hip-hop) 9pm Free La Bête Humaine (film) 7pm TBA	DJ Music 10pm Free		
WESTHAVEN CENTER FOR THE ARTS 677-9493, 501 S. Westhaven Dr.					

THE ORIGINAL • SINCE 2002
Humboldt
CLOTHING CO.



BLOWOUT SALE!!!
(EUREKA LOCATION)
40% OFF ALL
SLIGHTLY DAMAGED
GOODS
(While Supplies Last)

Bayshore Mall Eureka (707) 476-0400
987 H ST Arcata (707) 822-3090

or shop online at
www.humboldtclothing.com

Need Furniture?
Vintage to modern furniture, decor,
gifts & more!



11th & K Streets, Arcata | 825-1004

Out with the
Old. in with the
New

1 Year .40% APY
2 Year .90% APY
3 Year 1.15% APY

Higher CD
Rates with
NRFCU!

Northern Redwood
FEDERAL CREDIT UNION

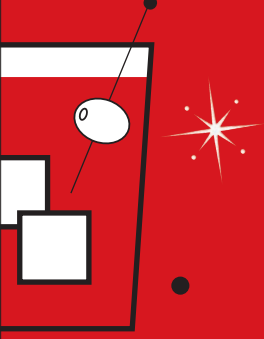
1270 GIUNTOLI LANE ARCATA, CA. 95521
WWW.NORTHERNREDWOODFCU.ORG
707-822-5902 OR 800-822-5902

WELCOME STUDENTS!



The Only
Alibi You'll
Ever Need!

Open Daily
8am - 2am



744 9th St. on the Arcata Plaza
822-3731
www.thealibi.com



Dear HumCo,
Tell us your food crush!
Yours always,
NCJ

P.S. Email jennifer@northcoastjournal.com



OBERON GRILL



**NOW TAKING
RESERVATIONS FOR
VALENTINES DAY
2015**

**OLD TOWN EUREKA
516 2ND ST. ♦ 443-3663
WWW.OBERONGRILL.COM**



*Fresh Crab is here.
Whole Crab, Crab Louie,
Crab Cakes, Crab Fettuccine...*

**316 E ST. • OLD TOWN, EUREKA • 443-7187
DINNER MON-SAT 5-9**

music & more

LIVE ENTERTAINMENT GRID

EUREKA + SOUTH

◀ ARCATA + NORTH ON PREVIOUS PAGE


venue	thur 1/22	fri 1/23	sat 1/24	sun 1/25	m-t-w 1/26-28
BAR-FLY PUB 443-3770 91 Commercial St., Eureka		Bar-Fly Karaoke 9pm Free	DJ music 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	Ballroom: Ultimate Elvis Extravaganza 8pm \$80-\$25 Thirsty Bear: Blue Rhythm Revue (blues) 9pm Free	Vintage Rock 'n Soul (rock, R&B) 9pm Free		
CALICO'S CAFE 923-2253 808 Redwood Dr., Garberville				Jen Tal and The HuZBand (acoustic) 6:30pm Free	
CHAPALA CAFÉ 443-9514 201 Second St., Eureka		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
CURLEY'S FULL CIRCLE 786-9696 460 Main St., Ferndale					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	The Hip Joint (blues, rock) 9pm Free	Staph Infection, The Undercovers (covers, rock) 9pm Free	Cliff Dallas & The Death Valley Troubadours w/Mad River Rose (rowdy country) 9pm Free		[M] Brian Post & Friends (jazz) 9pm Free [T] The Over Stimulators (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St., 845-8795		Viva Las Vegas (film) 7:30 pm \$5			
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Pappa Paul (folk) 6pm Free			
MATEEL COMMUNITY CENTER 923-3368 59 Rusk Lane, Redway			Lovefest For Jackie Pantaleo w/Joanne Rand, the Marjo Wilson Band, and Sherry Glaser 6:30pm Donation		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600				Old Timey Music Jam 1pm Free	[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 444-2017 507 Second St., Eureka	Pressure Anya Dirty Thursdays 9pm Free	Bobby Hustle live w/DJ Triple Crown and special guests 10pm Free	Itchie Fingaz (DJ music) 10pm Free		[W] Pints, Pizza & Picture Show 5:30pm Free

NORTH COAST JOURNAL

COCKTAIL COMPASS

**100+ BARS
80+ HAPPY HOURS**

NORTHCOASTJOURNAL.COM
/COCKTAILCOMPASS



☆ WOMEN-OWNED ☆

GENTLEMEN'S CLUB

MON-THURS 8PM-3AM 21+ ONLY

UFC 183 SILVA VS DIAZ

**SATURDAY
JAN. 31ST**

**8 FLAT SCREENS
120 INCH PROJECTOR**

FREE COVER BEFORE 9PM

**DOORS NOW OPEN
6PM FRI, SAT, SUN**

**RESERVE YOUR SPOT IN
BOTTLE LOUNGE NOW!**

THE FABULOUS

Tip Top

LIKE US ON FACEBOOK!

FABULOUS TIPTOP.COM
CLUB: 443-5696 BAR: 443-6923
King Salmon Exit, Hwy. 101, Eureka



Bayfront Restaurant

One F Street, Eureka, CA 443-7489
Open Daily 11-9:30pm | BayfrontRestaurant.net



EUREKA INN

*Dinner
served weekly
starting at
5 PM.*

Closed Sunday

518 7th St., Eureka, CA • 707-497-6093



Indian Cuisine

**Lunch Buffet \$9.99
11:30 to 3 (all you can eat)**

**Dinner Menu Service
5 to 9:30**

1735 4th St. Eureka • 443-2080



**RAMONE'S
Bakery & Cafe**

NOT YOUR AVERAGE GRANOLA!

Start your day with whole rolled oats, nuts
and dried fruit, orange zest & coconut chips...

Granola in a bowl to go, a yogurt parfait,
or a one-pound bag for breakfast at home.

**OPEN
DAILY**

At Wildberries Marketplace, Arcata • 826-1088
209 E St., Eureka • 445-2923 • 2297 Harrison Ave., Eureka • 442-1336
At Pierson's in Eureka • 476-0401
McKinleyville Shopping Center • 839-3383

RAMONESBAKERY.COM

eureka • fernbridge • ferndale • fortuna
garberville • loleta • redway

clubs, concerts
and cafés

Find live music
and more!



venue	thur 1/22	fri 1/23	sat 1/24	sun 1/25	m-t-w 1/26-28
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Ventricosa Release Party (DJs) 9pm Free				[T] Goth Night 9pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244			Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
SPRINGVILLE STEAK 725-3700 320 Main St., Fortuna		Anna Hamilton (blues, ballads) 6pm Free			

PHOTOS COURTESY OF THE ARTISTS

WHO: G. Love and Special Sauce
WHEN: Sunday, Jan. 25 at 8 p.m.
WHERE: Van Duzer Theatre
TICKETS: \$25, \$15 students

WHO: Sang Woo Kang
WHEN: Saturday,
Jan. 24 at 8 p.m.
WHERE:
Fulkerson
Recital Hall
TICKETS:
\$10, \$5 students/
seniors/children

Happy Hour
HOLIDAY SPECIALS



25% OFF ALL DRINKS
EXCLUDES TOP SHELF SPIRITS
\$2.50 JIM BEAM MANHATTAN
\$2.50 BEEFEATER MARTINI

WEEKLY ½ OFF BAR MENU ITEMS:
TRUFFLE FRIES · BLACK BEAN QUESADILLA
301 GRASSFED SLIDERS · CARTER DOG
FRESH FISH TACOS · ARTISAN CHEESE PLATE

RESTAURANT 301 & CARTER HOUSE INNS
301 L St, EUREKA • (707) 444-8062
CARTERHOUSE.COM

**Low Cost
215 Evaluation
Center**
All Renewals Starting At
\$80
Renew Your 215
From Any Doctor
or @ Clinic For Less
Walk-ins Welcome
Wed & Sat 11-5pm
Special discount
for Seniors, SSI,
Veterans & Students
Natural Wellness Center

New Patients ONLY
\$90
Lowest Price
Evaluations in
HumCo
Medical Cannabis
Consultants (707) 407-0527
508 I Street, Eureka
(across from HC Court House)

LIVE ENTERTAINMENT & EVENTS

FRIDAYS & SATURDAYS | 9PM - 1AM
FEATURED LIVE MUSIC

THURSDAYS | 8PM
KARAOKE WITH CHRIS CLAY

1.23 BLUE RHYTHM REVUE
Blues

1.23 ULTIMATE ELVIS
EXTRAVAGANZA
Tish-Non Ballroom

1.24 VINTAGE ROCK N' SOUL
Rock/R&B Variety

1.30 THE ROADMASTERS
Classic Country

1.31 AUSTIN ALLEY &
THE RUSTLERS
Rockin' Country

2.1 GAME DAY SUPER PARTY
FREE ENTRY!

2.6 DR. SQUID
Pop/Rock/Dance Hits

2.7 DOUG FIR AND THE 2X4'S
Classic Rock

YOUR LIVE MUSIC SOURCE!

Thirsty Bear
LOUNGE

**BEAR RIVER
CASINO & HOTEL**

800.761.2327
bearrivercasino.com

11 Bear Paws Way
Loleta, CA 95551

Must be 21 years or older to enter Casino, or must be accompanied by an adult. Event and promotional details are subject to change without notice. Management reserves all rights.

**ULTIMATE ELVIS
EXTRAVAGANZA**
Featuring Justin Shandor

JANUARY 23RD | 8PM
TICKETS ON SALE NOW!

Purchase tickets at the
Players Club or bearrivercasino.com

TICKETS:
VIP \$80*
Front Row \$50*
Second Row Seating \$40*
General Admission \$30*
Standing Room Only \$25*
*per person

Selling the Thizzle

The raucous and refined sounds you need

By Jennifer Savage

thesetlist@northcoastjournal.com

What's that sound? Ah, yes. The melodies and beats announcing we've transitioned from the early January doldrums to the more thunderous drums of live music giddiness.

Thursday — Rock 'n' roll 1, band 0

Some day we will understand the impetus behind **Roland Rock**, but for now let us just enjoy knowing that Arcata boasts its very own voodoo-space-doom-surf-and-turf trio featuring **Tim** and **Andrew Bonow**, plus “guest artists on bass.” The psychedelic twangsters roll and rock Redwood Curtain Brewery from 8 to 11 p.m., no cover, 21-and-over. Please note that the band is known for decadence and debauchery both on and offstage — no greater proof of this exists than reports that one of the members (we believe the offender to be Tim) recently fractured his pinkie *playing kickball while substitute teaching fifth grade*.

Thursday — Heartfelt throwback

On the flipside, you can head to Mad River Brewery Tap Room and bask in the vocal stylings of singer-songwriter **Joanne**



WHO: Cleopatra

WHEN: Monday, Jan. 26 at 6 p.m.

WHERE: Mad River Brewery Tap Room

TICKETS: Free

Rand, whose impassioned and heartfelt songs appeal to the people who came of age during an era when protest music was the soundtrack. Show starts at 6 p.m., free, all ages.

Thursday — From Germany with dub

And on the flipside of *that* — the flip has so many sides! — venture a little further into Blue Lake, all the way to the Logger Bar, where **Zordon** delivers “future thizz” for free starting at 10 p.m. What is future thizz? Kinda deep house. I think your brain might melt. (No minors!)

Friday — Plucky faves

It's an excellent local string band get-together at Hum Brews with the **No Good Redwood Ramblers** and the **Lyndsey Battle Trio**. We're optimistic the lines between the two will blur as they have hinted at onstage collaboration. Things get going at 9:30 p.m., \$5, 21-and-over.

Friday — Punkity punk punk!

The A-town options continue with some PDX punk in the form of the well-reviewed **P.R.O.B.L.E.M.S.** Also playing, Arcata's psych surf-punk faves **The Mother Vines**. Music starts at 11 p.m., cover is \$5. No minors!

Saturday — Serious and erudite

Time for a little sophistication in the form of internationally renowned pianist **Sang Woo Kang**, who performs a “concert of contrasts” — works by contemporary American composer John Corigliano, a Mozart sonata and pieces by Chopin — at Fulkerson Recital Hall. Kang has performed throughout Europe, Asia and South America, and in New York's Carnegie Hall. He is held in



WHO: No Good Redwood Ramblers

WHEN: Friday, Jan. 23 at 9:30 p.m.

WHERE: Humboldt Brews

TICKETS: \$5

PHOTO
COURTESY OF
THE ARTIST

high esteem. The performance begins at 8 p.m. Tickets are \$10 general/\$5 seniors, children and students.

Saturday — Lunar landing

Hey, here's a sexy show! Can you say... *lap steel*?! You've got **Side Iron**'s Americana-on-testosterone, **Moon Pine**'s rich and elegant twang and the ménage-a-trio **Strix Vega**, whose frontman, **Colin Begell**, has recently been sporting a moody Brit-rock look. Rounded out by the perpetually smiling **Jay “Humboldt's Happiest Man” Forbes** and **Andy “Boom Boom” Powell**, Strix Vega's repertoire ranges from Wilco-esque charm to instrumental space outs. Quite excellent. Free gig, 21-and-over, at the Logger Bar.

Saturday — Weighty matters

Humboldt supergroup **Lord Ellis** joins Oakland's **Electric Chair Repair Co.** at the Alibi to provide the night's heaviest rock. It'll be like you just stepped onto the surface of Jupiter, which of course you can't do because Jupiter does not have a solid surface and also it's extremely cold and otherwise inhospitable and you would die immediately. So the show will be *heavy* like you would be if you were on Jupiter, but with more metaphorical rock and less actual rock dust and also no death. It's gonna be rad. 11 p.m., \$5.

Saturday — PC party

Pete Ciotti, possibly A-town's hardest-working musician, and stunning singer **Lorenza Simmons** invite you to celebrate at a joint birthday bash at Jambalaya featuring Lorenza's dad, **Madi**, doing classic soul tunes, plus the **GetDown Soul Revue** with special guests **Vidagua** and **Ashanan**.

Show starts at 8 p.m., cover is \$10, 21-and-over.

Sunday — So bright you gotta wear shades

Is it summer already? Because nothing says sunshine and warmth like the groove-heavy, Chicago-blues-infused brand of stripped-down rock 'n' roll known as **G. Love & Special Sauce**. **Matt Costa** joins at the Van Duzer Theatre at 8 p.m. Tickets are \$25 general, \$15 students. ~~Sneak in a flask~~ Arrive with a smile and dance, wouldja people?

Monday — Coming home

Here is a fact: Songs about trains, rivers and/or California are always good. Always! That's reason enough to be excited about California-born-Sweden-raised **Cleopatra**, whose album *Pacific* was just featured on NPR's **World Café** — go download two of her exquisitely languid songs and then catch her at the Mad River Tap Room. Show's at 6 p.m., is amazingly free and also all ages.

Monday — Tripping out

A different side of the Golden State arrives at the Jambalaya in the form of **JOY**, who brings heavy acid jams from San Diego. **DJ Shattered Space** and Manila's **White Manna** join. Cover's 5 p.m., music starts at 10 p.m. No minors!

Etc.

Full event listings in the *Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Love live theater? Like a little prairie with your home companion? Then *Leaps and ZOUNDS!* is for you. **Saturday, Jan. 24 at 6 p.m., Blue Lake Casino's Sapphire Palace** comes alive with zany antics and audience interaction as Redwood Curtain Theater presents its annual live radio show broadcast on KHUM. Enjoy a no-host bar and catered dinner before the event and then sit back and laugh it off (\$55, \$400 table of eight).



Elvis is in the building on **Friday, Jan. 23 at 7:30 p.m.** at the **Eureka Theater** with *Viva Las Vegas* (\$5). And so is the equally hip-shaking firecracker Ann-Margret. Throw on something flashy, pick up a **Bavarian pretzel** in the lobby (not a fried peanut butter sandwich — you want to live) and get ready for gambling, racecars, young love and spontaneous musical numbers. Thank you very much.

North Coast Big Brothers Big Sisters BIG Chili Cook-off hits the **Mad River Brewery** on **Saturday, Jan. 24 at 2 p.m.** This annual event serves as a major fundraiser for the youth mentoring organization while serving up some of the tastiest chili in the county. A mere **\$10** gets you a chili bowl, tasters, salad and cornbread (sorry, no Roloids). Vote for the best chili and groove to the music of Cadillac Ranch.



8 DAYS A WEEK

22 thursday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See the top 200 cringe-worthy photos in person. \$5, \$2 seniors and students, free to kids and members. www.humboldtarts.org.

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. \$5. 442-0309.

THEATER

Macbeth. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Shakespeare's tragedy of ambition, murder and madness. The original *Game of Thrones*. \$16, \$12.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 1000 B Street, Eureka. This is a preschool drop-off program for children 3-5 who are confidently potty trained. Each week features a theme, story time and arts and craft projects. \$4. info@discovery-museum.org. www.discovery-museum.org. 443-9694.

MEETINGS

HFD Special Board. 7:30 a.m. Gill's By The Bay, 77 Halibut Ave., Eureka. The committee will meet to discuss the possible purchase of a used Type 3 Engine. www.gillsbythebay.com.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and other fiber artists as they socialize and work on their current projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

23 friday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Jan. 22 listing.

DANCE

World Dance. 8-10 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Folk dance teaching and request dancing. \$3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

MOVIES

The Hunger Games: Catching Fire. 8 p.m. Arcata Theatre Lounge, 1036 G St. The second installment in the popular *Hunger Games* series. \$5. www.arcatatheatre.com.

La Bête Humaine. 7 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Fourth Friday Flicks presents Jean Renoir's 1936 melodrama starring Jean Gabin, Simone Simon and Jean Renoir. French with English subtitles. TBA.

Viva Las Vegas. 7:30 p.m. Eureka Theater, 612 F St. Elvis, Ann-Margret, Vegas. 'Nuff said. \$5. www.theeurekath-eater.org.

MUSIC

Ultimate Elvis Extravaganza. 8 p.m. Bear River Casino and Hotel Ballroom, 11 Bear Paws Way, Loleta. Featuring Justin Shandor as the King. \$80-\$25.

THEATER

Macbeth. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 22 listing.

MythUnderstandings. 8 p.m. Arcata Playhouse, 1251 Ninth St. Multi-media theater piece featuring the Tiptons Sax Quartet. \$18, \$15.

EVENTS

Humboldt Steelhead Days Kick Off Party. 6-9 p.m.

Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Sign-up, meeting the competition, a raffle and prizes. Free. www.madriverbrewing.com.

SPORTS

Barrels by the Bay. 7 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Saddle up to watch some barrel racing. Covered arena and plenty of seating. Sign-ups start at 5 p.m. Free. barrelsbythebay@gmail.com. www.victorianferndale.com. 786-9511.

Drop-in Basketball. 7 p.m. McKinleyville Recreation Department, 1656 Sutter Road. Adults are welcome to join in for pick-up basketball. \$3. mckinleyvillecsd.com/parks-recreation.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

24 saturday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Jan. 22 listing.

BOOKS

Winter Book Sale. 10 a.m.-4 p.m. Arcata Library, 500 Seventh St. Cozy up with new-to-you fiction and nonfiction of all sorts. Proceeds support the Arcata Library. 822-5954.

MUSIC

Sang Woo Kang. 8 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. The internationally renowned pianist performs contemporary and classical pieces. \$10, \$5.

SPOKEN WORD

Poetry Out Loud. 10 a.m. Morris Graves Museum of

Art, 636 F St., Eureka. Watch local high school students recite poetry in a regional competition. Free. www.humboldtarts.org.

THEATER

Fish Tales Two. 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. A family-friendly variety show bubbling with song, comedy, stories and all things fishy featuring the string band, Kingfoot. Last year sold out, so get your tickets early. \$10, \$5 kids 12 and under. www.dellarte.com.

Leaps and ZOUNDS! 6 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Broadcast live on KHUM, *Leaps and ZOUNDS!* is an original, Humboldt-inspired variety show featuring Redwood Curtain writers and actors. Tickets include no-host bar and dinner before the show. \$60, \$55 advance, \$400 table of eight. www.bluelakecasino.com.

Macbeth. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 22 listing.

MythUnderstandings. 8 p.m. Arcata Playhouse, 1251 Ninth St. See Jan. 23 listing.

Macbeth Benefit for NPA. 8-9:30 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Proceeds from this performance by NCRT go to Northcoast Preparatory and Performing Arts Academy. \$20.

EVENTS

Big Brothers Big Sisters BIG Chili Cook-off. 2 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Chili tasting and voting, live music and silent auction. Tickets available in advance and at the door. \$10. www.madriverbrewing.com.

Mad River Family Fun Day. 1-4 p.m. Business Park, Taylor Way, Blue Lake. Dell'Arte and the Mad River Alliance present family fishing workshops with local experts. Other activities include local artist and organization booths, arts and crafts, entertainment, games and face painting. Part of Humboldt Steelhead Days. Free.

continued on next page ►

Miller Farms

millerfarmsnursery.com
839-1571 • 1828 Central Ave. McKinleyville
Open Monday thru Saturday from 8:30 to 5:30

Nursery & Garden Center • Shop & Power Equipment Center
Irrigation, Fencing, Automatic Gates • Landscape Contractors

Bare root is in stock!
Great selection of **Weeks Roses!**
Shop early for best selection.

Ask about
Cheetos Weekly Specials



Farmer Mac
Since 1963

Grow With Us!



**Business waste getting out of hand?
Cleaning house before the holidays?
Dangerous things in the garage?**

WE CAN HELP!

Hazardous waste disposal available Monday - Friday
Call for an appointment
707-441-2005

Materials accepted include:
Products labeled: Caution, Warning, Toxic, Flammable

- Wet Paint
- Used Oil
- Oil Filters
- Automotive Fluids
- Garden Products
- Medical Sharps
- Cleaners
- Mercury
- Aerosols
- Batteries
- Medicines
- Ballasts
- Lightbulbs
- Gasoline



hwma
Humboldt Waste Management Authority

Call HWMA at 441-2005
for more information
Or visit www.hwma.net



COURTESY OF DELL'ARTE INTERNATIONAL

On the Hook

Grab your tackle for **Humboldt Steelhead Days** starting with the **kick-off party** on **Friday, Jan. 23 at 6 p.m.** at the **Mad River Brewing Company** (free). But don't stay out too late — hooks hit the water at 7 a.m. the next day. In the taproom, mingle with fellow anglers, swap fish stories and register for the competition that goes until the festival and all its attending films, lectures and workshops end on Feb. 7.

On **Saturday, Jan. 24 from 1 to 4 p.m.**, **Mad River Family Fun Days** takes over the **Blue Lake Business Park** with **arts and crafts, story time** and all-ages **workshops** on rigging your line for steelhead and catch-and-release fishing. Come back at 7 p.m. for **Fish Tales 2**, Dell'Arte's family-friendly cabaret night (\$10, \$5 kids). Performers will be casting around for laughs, telling stories and making music with the string-heavy Kingfoot.

— Jennifer Fumiko Cahill

Lovefest For Jackie Pantaleo. 6:30 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Fundraising dinner for the long-time Southern Humboldt resident and Mateel Community Center Board member featuring music by Joanne Rand and the Marjo Wilson Band, plus comedienne Sherry Glaser. Donation. www.mateel.org.
OLLI at HSU Spring Open House. 1-3 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Register for spring classes, meet OLLI faculty, join OLLI or renew membership. Free. olli@humboldt.edu. www.humboldt.edu/olli. 826-5880.
Burns Night Supper. 5 p.m. Baywood Golf & Country Club, 3600 Buttermilk Lane, Arcata. Enjoy haggis, bagpipes, tasty food, a raffle and silent auction and more. RSVP. TBA. Info@northcoastscots.org. www.northcoastscots.org. 498-3014.

FOR KIDS

Story Time. Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Join us for stories, songs, and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

Winter Wonderland Carnival. 11 a.m.-3 p.m. Fieldbrook Elementary School, 4070 Fieldbrook Road. Enjoy games, crafts, firetruck rides, refreshments, chili and cornbread. Ticket proceeds benefit Fieldbrook Elementary School. Free entry, tickets \$1 each. gloriathegoddess@yahoo.com. 510-706-2980.

FOOD

Grange Breakfast. Fourth Saturday of every month, 7:30-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. The menu includes eggs, sausage (links or patties) or ham, biscuits and gravy, as well as coffee. \$5 suggested donation. www.facebook.com/humboldt.grange.

Humboldt Hill Grange Breakfast. Fourth Saturday of every month, 8-11 a.m. Home-style breakfast. \$5, \$3 Child. 442-4890.

Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Farm fresh produce, rain or shine. On G and Eighth streets. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

GARDEN

Rose Pruning. 10 a.m. Shafer's Ace Hardware and Garden Center, 2760 E St., Eureka. Learn the techniques at this demonstration by the Humboldt Rose Society. Free.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Meet a

trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Cedric Duhalde. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Ma-le'l Dunes Restoration. 9:30 a.m.-12:30 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. Help restore the Ma-le'l Dunes by removing invasive plants. Gloves, tools and cookies are provided. Please wear closed-toed shoes and bring drinking water. Meet at the Ma-le'l North parking lot off Young Lane in Manila. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/news. 444-1397.

Trail Volunteer Work Day. 9 a.m.-1 p.m. Corner of Margaret and Buttermilk lanes, Sunny Brae. Help pave the way for trail construction by clearing brush, transplanting ferns, scraping duff and moving larger tree limb segments. Wear work clothes and bring rain gear and water. Gloves, tools, snacks and beverages will be provided. eservices@cityofarcata.org. 825-2163.

SPORTS

Pacific Outfitters Open. Beau Pre Golf Course, 1777 Norton Road, McKinleyville. Watch professional and amateurs compete in a Professional Disc Golf Association tournament. Free.

Humboldt Roller Derby. 6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Season opening game with the Widow Makers. Fast-paced skating action. Fun for all ages. \$12 advance, \$15 door, kids 10 and under Free. www.redwoodacres.com.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 23 listing.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

COMEDY

Random Acts Of Comedy. 8 p.m. Arcata Theatre Lounge, 1036 G St. Outrageous improv comedy at high speed. Ages 10 and up (parental guidance suggested). \$6. 822-1220.

25sunday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Jan. 22 listing.

MOVIES

Frozen. 6 p.m. Arcata Theatre Lounge, 1036 G St. See the animated film that has taken the world by storm. \$5. www.arcatatheatre.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 442-0156.

G. Love & Special Sauce. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Groove-heavy, Chicago-blues-infused brand of stripped-down rock 'n' roll. \$25, \$15.

FOR KIDS

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

FOOD

Breakfast in Bayside. 8 a.m.-noon. Bayside Grange Hall, 2297 Jacoby Creek Road. Gourmet breakfast with multi-grain pancakes, chicken apple sausage, scrambled eggs, tofu, mimosas and more. Music by the HSU Academy Fiddlers and Sam McNeill. \$8, \$5. admin@baysidegrange.org. 822-9998.

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. 503-828-7421.

GARDEN

Rose Pruning. 10 a.m. Pierson's Garden Center, 4100 Broadway, Eureka. Learn how to prune roses in this demonstration by the Humboldt Rose Society. Free.

OUTDOORS

Amphibian Walk. 1-3 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. Join Aquatic Ecologist Teal Richards-Dimitrie to learn more about the amphibians that make the Ma-le'l Dunes their home. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/news/. 444-1397.

SPORTS

Pacific Outfitters Open. Beau Pre Golf Course, 1777 Norton Road, McKinleyville. See Jan. 24 listing.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. \$3. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242

26monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music featuring tunes from the 1930s, '40s and '50s. Refreshments are served during break. \$4. 725-5323.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

ETC

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. New and seasoned players welcome. \$15. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

continued on next page ►

HUMBOLDT ROLLER DERBY

SEASON OPENER

SATURDAY, JANUARY 24TH

5pm doors open • 6pm game starts
Redwood Acres Fairgrounds

Tickets at Wildberries, People's Records,
The Works, STIL & humboldtrollerderby.com

\$12

in advance

\$15 at the door



Presented by the Eureka Lodging Association



February 6-7, 2015

FRIDAY, FEBRUARY 6, 2015

CRAB CRAWL 5-9PM LOCATION: Downtown & Old Town Eureka
Indulge in an extended happy "crabby" hour with bars and restaurants offering seafood specials and crab-themed drinks. Use the printed guide to find participating locations.

SATURDAY, FEBRUARY 7, 2015

CRAB FESTIVAL 11-4PM LOCATION: C Street Market Place (Foot of C Street)
Bring the whole family to enjoy delicious food offered by local vendors, beer and wine garden, live music, crab races, kids games and activities, crab education, harvesting and processing demonstrations.

For special hotel room rates
mention "Eureka Crab Crawl Festival"

For details: (707) 442-9054
www.eurekamainstreet.org



#EurekaCrabCrawlFestival



PHOTO COURTESY OF THE ARTIST

Sax Stories

Like their namesake, the saxophonist and band leader Billy Tipton (only discovered to be biologically female after his death), there is more to **The Tiptons** than meets the eye. With four sax players and a drummer, the band zigzags across genres from jazz to bluegrass and gospel to Balkan.

So it's no surprise that The Tiptons' shows at the **Arcata Playhouse** on Jan. 23 and 24 at 8 p.m. won't be strictly musical (\$18, \$15 students and Playhouse/Redwood Jazz Alliance members). **Mythunderstandings** blends humorous and heartfelt stories from Coastal Salish storyteller Paul 'Che oke ten' Wagner, grandmothers, a hoarder, a bank employee and an adopted child. All of these tales grapple with the big stuff: love and death, personal and cultural mythology.

—Jennifer Fumiko Cahill

HEY, BANDS.
Submit your gigs online:
www.northcoastjournal.com



Humboldt's Newest Gallery



"BIG MOON LITTLE HOUSE"
PASTEL BY LIBBY GEORGE

Strawberry Rock Gallery

SINCE JUNE 2014 • FEATURING
RENOWNED ARTISTS, EMERGING ARTISTS
& FINE CRAFTS BY LOCAL TALENTS FROM
HUMBOLDT COUNTY AND AFAR

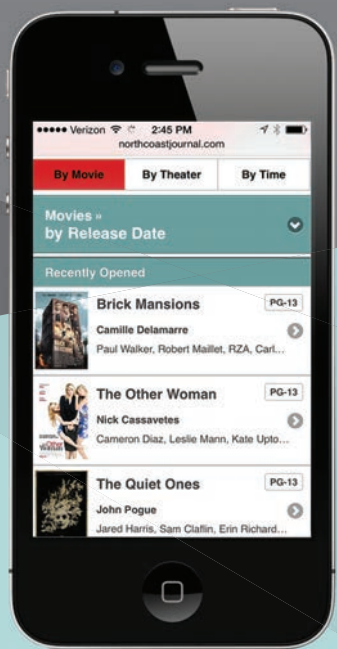
343 Main St, Trinidad | 707-677-5151

OPEN THURSDAY - MONDAY 11AM - 5:30PM

strawberryrockgallery.com

MOVIE TIMES.
TRAILERS. REVIEWS.

m.northcoastjournal.com



thejournal
OF POLITICS, PEOPLE AND ART

27 tuesday

MOVIES

It Happened One Night (1934). 6:30-8:30 p.m. Humboldt County Library, 1313 3rd St., Eureka. The Screwball Comedy Film Series ends with the rom-com that started them all — Clark Gable and Claudette Colbert as a reporter and a socialite on the road. Hosted by Bob Doran. Free. mlogan@co.humboldt.ca.us. 269-1962.

SPOKEN WORD

Human Expression Night. 7 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Courtne Burns hosts this night of poetry and creativity. Free. www.blondiesfoodanddrink.com.

FOR KIDS

Play Group. 10-11:30 a.m. Discovery Museum, 1000 B Street, Eureka. This playgroup is sponsored by First 5 Humboldt and offers a parent and child program for newborns to age 5. Free. info@discovery-museum.org. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 25 listing.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the I Street parking lot of the Arcata Marsh. Free. 822-3475.

ETC

Board Game Night. 5-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pgs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Questions? Free Lessons? Call Peggy or Rick. 444-3161.

28 wednesday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Jan. 22 listing.

MOVIES

Christmas on Mars. 6 p.m. Arcata Theatre Lounge, 1036 G St. Psychedelic rock band the Flaming Lips present a glorious science fiction film that marks the directorial debut of the Lips' visionary frontman Wayne Coyne. Free with \$5 food or beverage purchase. www.arcatatheatre.com.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

FOOD

Humboldt Bay Harbor Working Group Lunch. Noon. Samoa Cookhouse, 908 Vance Ave. Lunch with guest speaker Bob Merrill of the California Coastal Commission. The subject will be "Status of Local Coastal Plan Update for Harbor Development." \$12.95, \$9.95. www.samoacookhouse.net.

MEETINGS

Green Party Meeting. 6:30 p.m. Eureka Labor Temple, 840 E St. Meet elected Greens, celebrate achievements and set goals for 2015. All who share Green values are invited. Free. www.humboldtgreens.org. 267-5342.

Well, This is Awkward.

Awkward Family Photos — the dated hair, forced smiles, uncomfortable poses and embarrassing fashion choices you've been enjoying online since 2009 — comes to the **Morris Graves Museum of Art** from **Jan. 21** through **March 1** (\$5, \$2 seniors and students, free to kids and members). You needn't wait for the big opening **reception** during Eureka's Arts Alive! on **Feb. 7** — get in there before the crowds for a more intimate (too intimate?) experience.

Feel the blush rise as you peruse walls of matching outfits (and don't sniff — we saw your holiday card with the pajamas last year), vintage mullets, inappropriate skin and people who just love their pets a wee bit too much. The Morris Graves is only the third museum to host the photos in their appropriately tacky frames, so take it all in.

At some point, we've all been that child in the lumpy sweater, the gangly, cross-armed adolescent, the painfully uncool teen and the strained adult desperate for a perfect portrait. Is that perfection even out there? Possibly in IKEA catalogs and cereal ads. Maybe for that maddeningly cheery family that keeps sending you an annual newsletter. But the rest of us are going to have immortalized awkward moments because we're all in varying stages of figuring out who we are alone and together, out in the world and in the strange and familiar bubble of our families. In posed family portraits, we face the world, but with our vulnerabilities on our polyester sleeves.

Share in the catharsis by bringing in **your own vintage photo** to hang in the **Knight Gallery** with an accompanying backstory and you might win a prize. Either way, it's a chance to embrace the awkward and own it.

— Jennifer Fumiko Cahill



RECOGNIZE LOCAL KEN MALCOMSON IN THIS GEM? LOOKING GOOD, KID.

OUTDOORS

Language of the Wiyot Landscape. 7-8 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Lynnika Butler, language program manager for the Wiyot Tribe, presents this talk. \$2-5 sliding scale donation. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. nugamesonline.com. 497-6358.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free.

29 thursday

ART

Awkward Family Photos. 12-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. See Jan. 22 listing.

Figure Drawing Group. 7-9 p.m. Cheri Blackberry Gallery, 272 C St., Eureka. See Jan. 22 listing.

BOOKS

Pat McCutcheon. 7-8:30 p.m. Trinidad Library, 380 Janis Court. The poet reads from her new chapbook *Slipped Past Words* and signs copies of her work. Free.

THEATER

6 Dance Lessons In 6 Weeks. 8-10:30 p.m. Ferndale Repertory Theater, 447 Main St. A comedy about a formidable retired woman who hires an acerbic dance instructor for private lessons in swing, tango, waltz and foxtrot. \$16, \$5. info@ferndale-rep.org. www.ferndalerep.org/season.html. 786-5483.

EVENTS

Catholics for Choice Speaker. 5:30-8 p.m. Native American Forum, Humboldt State University, Arcata. A screening of *The Secret History of Sex, Choice and Catholics* followed by discussion with Jon O'Brien, president of Catholics for Choice. Free. 826-4126.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 1000 B Street, Eureka. See Jan. 22 listing.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 22 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 22 listing.

Heads Up...

The National Audubon Society announces the annual bird photography contest. Open to youth, professionals and amateurs. Deadline for submissions is Feb. 23. For more information visit www.audubonphotoawards.org.

Redwood Region Audubon Society seeks submissions for its student nature writing contest for grades 4 through 12. Deadline is March 20. For more information send email inquiries to tomleskiw@suddenlink.net.

The McKinleyville Community Choir resumes on Tuesday, Jan. 27, 6:30 p.m. \$50 fee; scholarships and sliding scale available. Opportunities for musicians as well. 822-7575 or 839-2276.

Call for ready-to-hang dragon-themed art in any medium for the Ink People's Mystical Dragon Show. Drop off Feb. 4 and 5 from 10 a.m. to 3 p.m. \$5. Free for Ink People members. 616-2185

Arcata Marsh Interpretive Center seeks artists and photographers for exhibits. 442-5444.

The Earn It, Keep It, Save It Volunteer Income Tax Assistance Program seeks volunteers for the 2015 tax season. 269-2052. ●

Sharp Shooters

Sniper, Blackhat and Foxcatcher hit targets

By John J. Bennett

filmland@northcoastjournal.com

Reviews

AMERICAN SNIPER. After the elegant train wreck of *J. Edgar* (2011) and the incomprehensible *Jersey Boys* (2014), some of us harbored concerns about Clint Eastwood's directorial career. The former succeeded aesthetically but crashed narratively. The latter made no sense at all. It might have signaled the desperate, flailing end of a storied career. But then Eastwood directed *American Sniper* and, by all indications, is reborn. One might attribute this success to the macho flag-wavery of the subject, but the movie is too good to be dismissed. The patriotism described is simplistic, but the craft and nuance make it exciting and involving.

At 30, middling Texas cowboy Chris Kyle (Bradley Cooper), motivated by the terrorist attacks leading up to and including Sept. 11, 2001, enlists. His strength, toughness and aptitude behind a rifle find him a place in the SEALs and in short order he's deployed on the first of four tours of duty in Iraq. Kyle's preternatural sniper skills earn him the moniker Legend, but while the death dealing never shakes his commitment to protect his fellow soldiers, the reality of it — like finding armed children in his cross-hairs — erodes his emotional wellbeing. When he rotates home, it's almost impossible to transition and reconnect with his wife, Taya (Sienna Miller), and their growing family. He's attuned to the combat zone, explosions and post-traumatic stress still ringing in his ears.

Unfortunately, *American Sniper* streamlines Kyle's post-military transition back to civilian life. Throughout the movie, his struggles and crises are painfully real (due mostly to Cooper's much talked-about immersion in the character), but by the end we are to believe that he's moved on, somehow. Compared to the movie's successes, though, this is a pretty minor gripe. Eastwood gives cinematic life to a true war story, crafting breathlessly exciting action sequences and scenes of quiet domestic devastation in equal measure. This is a War Movie, certainly, but grounded in war's intimate personal cost. R. 132m.

BLACKHAT. The release of a new Michael Mann movie is always something to look forward to. Though the no-confidence release date assigned to this one seems counter-indicative. He has made a career creating stylish, ridiculously detailed — check out the commentary on his less dense *Collateral* (2004) — cacophonous action cinema. (I've strained not only my wife's and neighbors' patience but the wherewithal of my speakers with late-night, high-volume montages of Mann's combat sequences.) While *Blackhat* may not reach the heights of his top-tier stuff like *Heat* (1995) or *Miami Vice* (2006) — hey, I like what I like — it's still miles ahead of most contemporary action thrillers.

After a nefarious hacker precipitates a meltdown at a Chinese nuclear plant, then tampers with the futures market, investigator Chen Dawai (Leehom Wang) is assigned as liaison to the U.S. Department of Justice. He parses the code used in the attacks, recognizing in it lines he and his MIT roommate wrote years before. Said roommate, Nick Hathaway (Chris Hemsworth), now resides in a penitentiary on a 15-year sentence. Chen negotiates a furlough so they can chase the bad guy from Hong Kong to Indonesia to Malaysia.

Blackhat is a little long, the second-act love story feels forced and Hathaway's evolution into the ultimate badass is somewhat questionable. But the narrative is still compelling, the violence is exquisitely shot and the technical details seem, at least to this Luddite, pretty authentic. R. 135m.

FOXCATCHER. Director Bennett Miller (*Capote*, *Moneyball*) makes carefully composed, thoughtful, novelistic character studies. He doesn't throw his camera around or use music or cutting to sell the audience. His approach is deceptively simple, and all the more difficult to pull off. He creates elaborately detailed worlds, peoples them with painstakingly developed characters, and then allows the events of a story to play out with the appearance of effortlessness. It's reinventing the reality of real life, often to devastating effect.



IT'S A LOT OF TILE, BUT I LOVE IT.

After winning a gold medal for wrestling at the 1984 Olympics, Mark Schultz (Channing Tatum) is in a rut. Broke, unrecognized, thanklessly training for the world championships, he's a round-jawed embodiment of unhappiness. A shot, not five minutes in, of him eating a roast-beef sandwich in his car is one of the saddest images in cinema this year. His older brother Dave (Mark Ruffalo), also a gold medalist, is the more confident, likeable brother. Seemingly at random, Mark gets a call from representatives of John E. DuPont (Steve Carell), chemical magnate and passionate wrestling fan. He invites Mark to move to his Foxcatcher estate, where he has constructed a state of the art training facility. It seems too good to be true, which, of course, it turns out to be, but Mark jumps at the chance, eventually bringing Dave along, too.

There is something to be said here about wrestling as elemental human competition, about the scion of war profiteers corrupting it to his own childish ends in this true story. *Foxcatcher* is a quiet, atmospheric, slow-moving tragedy — also an acting master class. Tatum's impressive work is not to be dismissed, but Carell and especially Ruffalo disappear into their roles so fully it's shocking. R. 129m.

— John J. Bennett

Previews

A MOST VIOLENT YEAR. Jessica Chastain, Oscar Isaac and David Oyelowo in an '80s organized crime drama. R. 125m.

STRANGE MAGIC. This animated fairy-fest is "inspired" by *A Midsummer Night's Dream*. Voiced by Evan Rachel Wood and Elijah Kelley. R. 135m.

WHIPLASH. J.K. Simmons makes Tiger Mom look like a pussycat in this drama about an ultra-demanding teacher and a drumming prodigy. R. 107m.

continued on next page ►

Movie Times

Film times reflect the most current listings as of Tuesday afternoon. As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456
Call theater for schedule.

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-2222
Call theater for schedule.

Minor Theatre

1001 H St., Arcata, (707) 822-3456
Call theater for schedule.

Fortuna Theatre

1241 Main St., (707) 725-2121
American Sniper Fri: (3:40), 6:40, 9:45; Sat: (12:30, 3:40), 6:40, 9:45; Sun: (12:30, 3:40), 6:40; Mon-Thur: (3:40), 6:40
Blackhat Fri-Sat: (3:50), 9:50; Sun-Thur: (3:50)
The Boy Next Door Fri: (5), 7:30, 9:50; Sat: (12:15, 2:35, 5), 7:30, 9:50; Sun: (12:15, 2:35, 5), 7:30; Mon-Thur: (5), 7:30
Paddington Fri: (4:35), 7, 9:15; Sat: (12, 2:15, 4:35), 7, 9:15; Sun: (12, 2:15, 4:35), 7; Mon-Thur: (4:35), 7
Strange Magic Fri: (4:40), 7, 9:25; Sat: (12:05, 2:20, 4:40), 7, 9:25; Sun: (12:05, 2:20, 4:40), 7; Mon-Thur: (4:40), 7
Taken 3 Fri: 6:45; Sat-Sun: (12:15), 6:45; Mon-Thur: 6:45
The Wedding Ringer Fri: (4:10), 7:10, 9:35; Sat: (12:50, 4:10), 7:10, 9:35; Sun: (12:50, 4:10), 7:10; Mon-Thur: (4:10), 7:10

MOVIES

Jan. 23 - Jan. 28

f

Fri Jan 23 — **The Hunger Games: Catching Fire** (2013), Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated PG-13.

Sat Jan 24 — **Random Acts Of Comedy**, Doors @ 7:30 pm, Show @ 8 pm, \$6 @ door, All ages.

Sun Jan 25 — **Frozen** (2013), Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG.

Wed Jan 28 — **Sci Fi Night ft. Christmas on Mars** (2008), Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge
arcatatheatre.com • 822-1220 • 1036 G St.

THE BOY NEXT DOOR. Jennifer Lopez as a mother whose tryst with a teen goes *Fatal Attraction*. Seriously, JLo, do you not know a Lifetime movie trap when you see one? R. 107m.

Continuing

THE HOBBIT: THE BATTLE OF THE FIVE ARMIES. Peter Jackson wrings the last drops from Tolkien with exhausting battles and less zip than the previous installment. PG13. 144m.

THE HUNGER GAMES: MOCKINGJAY - PART 1. Fancy production and action can't salvage the puffed up script and yawning monologues. One more to go. PG13. 116m.

THE IMITATION GAME. Benedict Cumberbatch plays Alan Turing in a biopic about the mathletes and cryptologists trying to crack the German code in World War II. PG13. 114m.

INHERENT VICE. Based on Thomas Pynchon's novel, it's a sublime, hilarious, sad, rambling SoCal druggie detective story for the ages. Starring mutton-chopped Joaquin Phoenix. R. 148m.

INTO THE WOODS. As soon as the singing starts, interest wanes and even the strong cast bores in the fairytale mash-up. PG. 124m.

NIGHT AT THE MUSEUM: SECRET OF THE TOMB. Ben Stiller is back on duty as a museum guard with more antiquities, more problems. Try not to tear up when you see Robin Williams. PG. 98m.

PADDINGTON. A South American bear moves in with a London family and dodges a museum taxidermist in a live-action adaptation of the children's stories. PG13. 128m.

SELMA. David Oyelowo is a fine MLK, but the director pulls punches on violence and realistic bigotry, diminishing the impact of this biopic. PG13. 128m.

TAKEN 3. Liam Neeson is back stalking, shooting and growling into phones. Whoever killed his wife and framed him, he's going to hunt them down and (spoiler!) kill them. PG13. 109m.

UNBROKEN. Angelina Jolie directs this biopic about Olympiad and World War II POW Louis Zamperini's survival. PG13. 137m.

WEDDING RINGER. A matrimonial buddy movie with Kevin Hart as a best-man-for-hire suiting up for the wedding of an awkward dude (Josh Gad). R. 101m.

WILD. As author Cheryl Strayed, Reese Witherspoon narrowly escapes *Eat, Pray, Hike* territory to honestly explore self-reliance, love and loss on the Pacific Crest Trail. R. 115m.

WOMAN IN BLACK 2: ANGEL OF DEATH. The sequel picks up 40 years later with the ghost haunting World War II evacuee children. PG13. 98m.

—Jennifer Fumiko Cahill

workshops & CLASSES

List your class – just \$4 per line per issue!

Deadline: Friday, 5pm.

Place your online ad at

classified.northcoastjournal.com

or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance

by check, cash or Visa/MasterCard.

Many classes require pre-registration.

Arts & Crafts

BASIC & ADVANCED SEWING & FASHION DESIGN CLASSES. Learn to sew with confidence! Classes for all levels. We teach at your speed! See class schedule on our web-site. (707) 442-2646 eurekafabrics@me.com, www.eurekafabrics.com (AC-0122)

DIGITAL PHOTO REPAIR. Sat.'s, Feb. 7, 14, 21, 9:30 a.m.-12:30 p.m., Cost: \$67.00 College of the Redwoods-Community Education. If you have photos that are damaged, scratched, torn, stained, too dark or light, this is the class for you. Learn the basic Photoshop tools for enhancing and repairing images, such as level adjustment, color balance, as well as tools for removing spots and dust. Basic Photoshop skills required. Call to register (707) 476-4500 (AC-0122)

INTRO TO EDITING DIGITAL PHOTOGRAPHY. Explore basic digital image management and editing and learn to use image-editing tools and techniques with Photoshop and Bridge. With Annie Reid. Tues./Thurs., Feb. 3-12, 6:30-8:30 p.m. Fee: \$145. Register by Feb. 2. Call HSU College of eLearning & Extended Education at 826-3731 to register, or visit www.humboldt.edu/extended (AC0129)

PLAYING WITH CLAY FOR GROWN-UPS. \$90, (5 weeks) Thurs.'s, 10 a.m.-noon, Feb. 12 - Mar. 12, W/ Diane Sonderegger. Here's your chance to have some fun and get your hands dirty! We'll cover the basics of hand building in an informal, non-threatening setting. A variety of indoor and outdoor projects will be introduced and your ideas are welcome. Class is fun and a low stress intro. to ceramic art. Fire Arts Center, 520 South G St., Arcata. (707) 826-1445. www.fireartscenterarcata.com (AC-0205)

Communication

A PROJECT MANAGEMENT SERIES: MARKET ANALYSIS-FIRST STEPS TO BUSINESS SUCCESS. Mon./Wed./Thurs., Feb. 16, 18, and 19 from 1 p.m.-5 p.m, Computer Lab Eureka, \$150 for the individual class. Got that great idea in a shoebox you want to turn into a business? Or how about that project or service you've wanted to roll out to make your existing business stronger? Marketing Analysis is the first step. Call College of the Redwoods at 476-4500 for more information (CMM-0122)

TOUGH CONVERSATIONS: COACHING FOR CHANGE. This workshop will help managers hold the tough conversations necessary when change is required. With Janet Ruprecht in Eureka. Fri., Feb. 6, 8:30 a.m.-12:30 p.m. Fee: \$85 (includes materials). Register by Feb. 2. Call HSU College of eLearning and Extended Education to register: 826-3731 or visit www.humboldt.edu/extended (CMM-0129)

INTRODUCING YOURSELF TO THE SOCIAL NETWORK. 2/11, 2/18, 2/25, Wed.'s, 1-4 p.m., Fee: \$65, Want to learn a safe way to navigate through the internet while staying connected with family and friends? This short computer course will ensure a successful social experience. Learning how to socialize electronically can be difficult so this course will steer you through the many avenues of the electronic social experience. Call College of the Redwoods 476-4500 to register. (CMP-0122)

WHY MEN HATE CHURCH EXPLORED AT LIFETREE CAFÉ. The trend of most men avoiding church will be considered at Lifetree Café on Sunday, Jan. 25, 7 p.m. The program, titled "Why Men Hate Church: An Open Forum on the Male Exodus," features a filmed interview with author and church analyst David Murrow. Admission free. Coffee and snacks. Located on the corner of Union and 13th St., Arcata. Lifetree is a Conversation Café. Contact Bob at (707) 672-2919 or bobdipert@hotmail.com (CMM-0122)

Computer

BEGINNING BOOKKEEPING W/QUICKBOOKS 2014. (6 weeks for 48 hours) Mon's & Tues's, Fee: \$495. Begins Feb 2, 2015- March 10, 2015. 1 p.m.-5 p.m. Computer Lab Eureka. Class is for students wanting to learn the foundational basics of hands-on bookkeeping using ledgers and expands into how to use Quickbooks 2014 in a small business setting. Call College of the Redwoods at 476-4500 for more info. (CMP-0122)

Dance/Music/Theater/Film

DANCE AROUND THE WORLD! Fun, exercise, amazing music and culture! High-Energy international dance class offers an intriguing array of dances from different countries and cultures. Connect with your roots and learn about others! Tues.'s. 7:30 - 8:30 pm. \$8 drop-in or \$40 for 8-week session starting 1/27/15. Redwood Raks World Dance Studio 8th & L St., Creamery Building, Arcata Teachers: Linnea Mandell & Craig Kurumada (707) 822-8045 linneamandell@gmail.com www.RedwoodRaks.com (DMF-0212)

DANCE SCENE STUDIOS. Excellent instruction in Ballet, Creative Dance, Hip Hop, Belly Dance, Pilates, Jazz, Adult Ballet, Senior Ballet. 1011 H St., Eureka. www.DanceEureka.com (707) 502-2188. (DMF-0402)

DANCE WITH DEBBIE. We make learning to dance fun! Tues. is our Latin night and Thurs. is our ballroom night. Get ready to dance at the Redwood Coast Music Festival. We give private lessons, too. (707) 464-3638, debbie@dancewithdebbie.biz (DMT-0129)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-0226)

PIANO LESSONS. Beginners, all ages. Experienced. Judith Louise 476-8919. (DMT-1231)

STEEL DRUM CLASSES. Weekly Beginning Class: Fri.'s, 11:30 a.m.-12:30 p.m., \$50. Beg./Int. continuing students: Mon.'s, 7-8 p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0129)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout, and a very chill environment. Ages 8 and up. 1459 M St., Arcata. Contact Justin (707) 601-1657 text or phone, or email northcoastfencingacademy@gmail.com (F-0129)

ZUMBA WITH ANN! Zumba Fitness, Mon., Arcata Vets Hall; Zumba Toning (light weights provided). Thurs., Redwood Raks Dance Studio, both classes 5:30-6:30 p.m., \$6, drop-in, everyone welcomed & no membership req.! Punch cards avail. Ann has over 20 yrs. dance/fitness instr. Questions call Ann (707) 845-1055, annyoumans.zumba.com (F-0226)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

Games & Leisure

BRIDGE CLASSES - 8 WEEK BEGINNING BRIDGE. Have fun and meet new people while playing the world's greatest card game. Meet 10 a.m. Sat.'s starting Jan. 24, Eureka. Cost \$50, which includes materials. For info call 499-7790. (GL-0122)

Home & Garden

GREEN BUILDING. Discover new alternatives to sustainable residential design by building with at least three natural materials, including cob, slip-wood and papercrete. With Sean Armstrong. Wednesdays, Feb. 4-April 1 (no class March 18), 3-4:50 p.m. Fee: \$65. This sustainable living course is offered by the Campus Center for Appropriate Technology (CCAT) through HSU College of eLearning and Extended Education. Register by Feb. 2. Call HSU College of eLearning and Extended Education to register: 826-3731 or visit www.humboldt.edu/extended (HG-0129)

Kids & Teens

CERAMICS FOR OLDER KIDS, AGES 7-12 W/ BOB RAYMOND. (Two 5- week classes offered) \$80 per class. 4-6 p.m., Mon.'s, Feb. 9- Mar. 9, Tues.'s, and Feb. 10- Mar. 10. Adventure with clay: Learn various hand building and wheel-throwing techniques. Fire Arts Center, 520 South G St., Arcata, (707) 826-1445. www.fireartsarcata.com (K-0129)

CERAMICS FOR YOUNGER KIDS, AGES 4-7. W/ AMANDA STEINEBACH. Sat.'s, 9:30-11 a.m., \$75 per class. Feb. 21 - Mar. 21. Children will have a great time creating with clay. They will make one to two pieces per week and each project is designed to bring out their creativity. 520 South G St., Arcata, (707) 826-1445. www.fireartsarcata.com (K-0212)

JOIN THE JUNIOR CREW TEAM! Meets Mon.-Fri. Ages 11 and up. For more information call Head Coach Scott Gibson at (707) 845-4752. Humboldt Bay Rowing Association, www.hbra.org. (K-0129)

Lectures

ARCHAEOLOGY. Sat. Jan. 31, 10 a.m.-4 p.m. Garberville Instructional Site. Fee: \$50 We will study the ancient sites of Northern Europe, including the Neolithic, Norse and the Celtic. Call College of the Redwoods Community Education to register 476-4500 (LE-0122)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

ALASKA: THE ULTIMATE TRAVEL DESTINATION.

Learn about the five distinct travel regions of Alaska, their incredibly diverse artistic, cultural, economic, environmental, geographic and visual attributes. With John Palmquist. Tues.'s, Feb. 3-10, 2-4 p.m. OLLI Members \$45/all others \$70. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

APPRECIATING TODAY'S POETRY I: BECOMING A POET.

This poetry class welcomes readers and writers at any level of expertise. Each week we will examine two poets to understand and appreciate their craft. With Pat McCutcheon. Trinidad Library. Wed.'s, Feb. 4-25, 2-4 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

DEATH CAFE, HUMBOLDT. GATHER TO EAT CAKE, DRINK TEA AND DISCUSS DEATH.

Our objective is to increase awareness of death with a view to helping people make the most of their (finite) lives. The Death Cafe is always offered with no intention of leading people to any conclusion, product or course of action -meeting topics will be determined by participants. With Gina Belton. Thurs.'s, Feb. 5, 19, March 5, April 2, 16, 6-8 p.m. OLLI Members \$25/all others \$50. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

FANNING THE FIRE: FEEDING THE FLAMES OF YOUR CREATIVE PASSION. Let's recreate a Paris salon of the 1920s. This class will offer an opportunity for writers and visual artists to come together in a safe environment to express and share creative work about what ignites your imagination. With Bonnie Shand. Tues.'s, Feb. 3-April 7 (no class March 17 or 31), 1-3 p.m. OLLI Members \$100/all others \$125. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

FOUNDATION OF WELL-BEING & HAPPINESS.

Learn the practice of mindfulness and the art of self-compassion to bring greater well-being, happiness, resilience, self-worth, love and peace into your mind, your heart and your life. With Marilyn Montgomery. Thurs.'s, Feb. 5-26, 2-4 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

GENTLE YOGA I. Practice yoga stretches to relax your body and calm your mind with poses for all levels and body types. Improve balance, strength, flexibility and concentration. With Patricia Starr. Mon.'s, Feb. 2-23, 1-2:30 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

THE SEVEN PRINCIPLES FOR MAKING RELATIONSHIPS WORK.

Take an OLLI class with your partner! Improve your friendship, fondness and admiration in your significant relationship. Learn new tools to improve communication, enhance romance and intimacy, manage conflict, and create rituals and shared meanings to last a lifetime. No one will be asked to disclose personal details in front of others. With Lou Ann Wieand. Sat. & Sun., Feb. 14 & 15, 9 a.m.-4 p.m. OLLI Members \$70/all others \$95. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

INTRODUCTION TO IPAD BASICS. Annie Reid will lead participants through the steps necessary to connect to wi-fi, save web bookmarks, set up personal accounts and explore a variety of apps, ports, buttons and controls. Mon., Feb. 2 and 9 and Fri., Feb. 6, from 10 a.m.-noon. OLLI Members \$55/all others \$80. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

KLIMT, SCHIELE, FREUD & THE RISE OF SEXUAL ART IN VIENNA.

Explore the art of Gustav Klimt and Egon Schiele in relation to the birth of psychology with Sigmund Freud in Vienna. With Ron Johnson. Tues.'s, Feb. 3-17, 6-8 p.m. OLLI Members \$55/all others \$80. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

LEARN TO DRAW.

Demystify the drawing process by simplifying it into achievable steps. Learn the foundation to understanding how to draw anything. With Brent Eviston. Two Options: McKinleyville Library Conference Room, Mon.'s, Feb. 2-March 9, 3-5 p.m. or in Eureka, Tues.'s, Feb. 3-March 10, 2-4 p.m. OLLI Members \$100/all others \$125. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

MEMOIR: WRITING YOUR LIFE STORY.

Engage in the process of life review, reflection and assessment through drawing and writing exercises. With Sharon Ferrett. Mon.'s, Feb. 2-March 2 from 4-6 p.m. Timber Ridge of McKinleyville. OLLI Members \$60/all others \$85. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

OTTOMAN EMPIRE & TODAY'S MIDDLE EAST.

Explore Neo-Ottomanism, Islam in politics, laicism and religious tolerance, and advances and obstacles for women in the Middle East. With Tom Gage. Tues.'s, Feb. 3-24, 6-8 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

TAI CHI MADE EZ. Learn a short version of Tai Chi made up of simple, smooth, circular movements designed to stretch, limber, tone and strengthen the body. With Glenda Hesseltine at the Arcata Presbyterian Church. Mon.'s, Feb. 2-March 9, 3-4:30 p.m. OLLI Members \$70/all others \$95. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

THE BRAINS OF LEONARDOS: A DISCUSSION OF LEONARD SHLAIN'S POSTHUMUS ESSAY ON DA VINCI.

Dr. Leonard Shlain's neurological generalizations provided insights into one of the world's greatest minds. The class will discuss the author's posthumous work Leonardo's Brain: Understanding da Vinci's Creative Genius. With Tom Gage. Thurs.'s, Feb. 5-26, 2-4 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

SELLING YOUR BOOKS. Learn to master the unfamiliar challenges of selling books, use the various sales and promotional channels, understand the economics and trade-offs and select what best fits your needs. With JJ Semple. Wed.'s, Feb. 11-March 11, 4-6 p.m. OLLI Members \$70/all others \$95. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

UNDERSTANDING VIDEO PRODUCTION. Learn the process of video production, proper framing, basic lighting principles and styles as well as hands-on tips for stabilizing shots. With Matt Knight. Sat., Feb. 7, noon-2 p.m. at Access Humboldt, Eureka. OLLI Members \$20/all others \$45. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

THE LIFE & FILMS OF KATHARINE HEPBURN.

Hepburn worked with most of Hollywood's best directors, opposite the biggest actors in many genres, from comedy to drama, westerns to classic literary films. Off screen, Kate was outspoken, sometimes flamboyant and certainly colorful. With Philip Wright. Thurs.'s, Feb. 5-March 26 (no class March 19), 6-9 p.m. OLLI Members \$85/all others \$110. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

UNDERSTANDING FRENCH CULTURE. This course offers a multimedia and interactive presentation of important themes that are keys to understanding French culture, places, defining authors and artists. With Laurent Cleenewerck. Thurs.'s, Feb. 5-19, 10 a.m.-noon. OLLI Members \$55/all others \$80. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

EXPLORE SOUTH AFRICAN TRAVEL. Geckos in your shower, lions wandering through camp, and a waterfall that dwarfs Niagara - these are just a few of the wonders of southern Africa. Discuss planning and arranging your dream trip to Africa: options, considerations, and realities. With Rollee Lamberson. Thurs.'s, Feb. 12-19, 11 a.m.-1 p.m. OLLI Members \$45/all others \$70. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

INTRO. TO STEEL DRUMS. Learn to play the steel drums with Kate Lang-Salazar in this fun and enriching class for students of all levels. No previous musical training is required. Fri.'s, Feb. 6-27, 11:30 a.m.-12:30 p.m. at the Pan Arts Network in Arcata. OLLI Members \$50/all others \$75. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

NORTH OF THE "RIVER OF DOVES": HISTORIC SITES FROM LITTLE RIVER TO KLAMATH RIVER.

Learn about the first seat of Klamath County, the "Teddy Bear" fire of 1908, the fraud that preceded a president's wife and the Rio de los Osos - the Klamath. With Jerry and Gisela Rohde. Two Options: Friday, Feb. 6, 1-3 p.m. at the Trinidad Library or in Eureka, Sat., Feb. 7, 1-3 p.m. OLLI Members \$30/all others \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

TRAVELING: WHAT TO TAKE & HOW TO PACK.

Discuss what and how to pack and share ideas for a more enjoyable travel experience. With John Palmquist. Two Options: McKinleyville Library Conference Room, Mon, Feb. 2, 6-8 p.m. or in Eureka, Thurs., Feb. 5, 2-4 p.m. OLLI Members \$30/all others \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-0129)

OPENING THE GATES OF INSIGHT & WISDOM WITH SOULCOLLAGE®. Learn how to create easy and fun SoulCollage® cards in an intuitive, expressive art process that becomes a visual journal with deep personal meaning. With Marilyn Montgomery. Wed.'s, Feb. 11-March 4, 2-4 p.m. OLLI Members \$65/all others \$90. OLLI: 826-5880, www.humboldt.edu/olli (O-0205)

Pets & Animals

DOG TRAINING. Puppy class starts Tues., Jan. 27, 6 p.m., 5 sessions \$60. Basic class starts Tues., Jan. 27, 7 p.m., 6 sessions \$65. For more info. call 443-1183. Sign up at the Adorni Center 441-4248 (P-0122)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com. (S-1231)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are a diverse congregation welcoming all people. Our mission is to promote personal and spiritual growth as well as a peaceful, sustainable, and socially just world. Come see for yourself on a Sun. morning. 9 a.m. meetings include child care. Children's & teen's Religious Education classes are available during our 11 a.m. meetings. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0129)

continued on next page ►



U.S. BASEBALL ACADEMY

Making 250 stops nationwide, including one in Arcata!

February 15 - March 22

Six weeks of advanced hitting, pitching and defense lessons as low as \$99.



Save up to \$120

★ **This Week** ★

Hosted by:

Arcata High School

★ Sessions for Grades 1-12 ★ Register now. Pay later.

Space is limited. Phone (866) 622-4487 or visit

www.USBaseballAcademy.com

workshops & CLASSES

continued from previous page

KDK ARCATA BUDDHIST GROUP. Under the direction of Lama Lodru Rinpoche. We practice Tibetan meditation, followed by discussion. All are welcome. For more info contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com. Sun's., 6 p.m., Community Yoga Center 890 G St, Arcata. Our webpage is www.kdkarcatagroup.org (S-0126)

PROVING THE POWER OF PRINCIPLE; A 7-WEEK UNITY COURSE. Thurs.s, 1-2:30 p.m. starting Jan. 22, Unity Church of the Redwoods, 1619 California St., Eureka. Start your year with a refreshing way of understanding Spirit in your life, the Unity Principles for living. God is all of creation, including us, without limit. Learn to claim your Divine qualities and live from that space of All Good in you. Cost: a weekly love offering for the teacher. www.unityoftheredwoods.org (S-0122)

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m.-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-0129)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0129)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-0403)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0326)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m.-7:45 p.m., at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-0820)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0129)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0528)

Vocational

HELP OTHERS BY BECOMING CERTIFIED IN MASSAGE THERAPY! Holistic Health Education courses have been available at Loving Hands Institute since 1989. Come learn from experienced professionals at a reasonable cost and at your own pace! For more information on our 510 hour program call 725-9627 or visit www.lovinghandsinstitute.com (V-0416)

INTERAGENCY WILDLAND FIREFIGHTER ACADEMY. Training program CALFIRE Firefighter Certification-Phase I, II, III is Jan. 20-April 16, 2015. Call College of the Redwoods for more information at 476-4500 (V-0122)



PHYSICIAN'S OFFICE SPANISH. Thurs.s 5:30 p.m.-7:30 p.m. Starts Feb. 5-26, 2015 Cost: \$78 includes CD and Book. Training includes patient registration, payment issues, taking patient's history, determining chief complaint, diagnosis, laboratory procedures, explaining and performing treatments, and follow-up procedures. Call College of the Redwoods at 476-4500 for more information (V-0122)

Wellness & Bodywork

AYURVEDIC HERBALIST PROGRAM. Northwest Institute of Ayurveda with Traci Webb. Starts March 13, Prerequisite: "Intro to Ayurveda" Feb. 3-17. Register: www.ayurvedicliving.com. Call: (707) 601-9025. (W-0505)

AYURVEDIC MASSAGE PROGRAM & ASIAN BODY THERAPIES. At NorthwestInstitute of Ayurveda with Traci Webb. Starts March 23. 112 CE Hours. Register: www.ayurvedicliving.com, Call: (707) 601-9025 (W-0319)

DANDELION HERBAL CENTER. Classes with Jane Bothwell. 10 Month Herbal Studies Program, Feb.-Nov. 2015, meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar, March 19-28, 2015. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Medical Cannabis Conference, April 25-26, 2015. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level. Register online www.dandelionherb.com or call (707) 442-8157. (W-0129)

INTRODUCTION TO AYURVEDA. At Moonrise Herbs with Traci Webb. Tuesdays, Feb. 3-17. 6:30-9:15 p.m., \$108. Prerequisite to Ayurvedic Herbalist Program starting March 13. 8 CE Hours. Register: www.ayurvedicliving.com, (707) 601-9025 www.ayurvedicliving.com (W-0129)

NEW STUDENT SPECIAL! \$30 for 3 classes! 50+ classes to choose from & free sauna when you come to class! Weekday classes are offered from 7:30 a.m.-9 p.m. and also open on the weekends. 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (W-0122)

SOUND HEALING RESTORATIVE YOGA. Sat. Jan. 24, 3:30 - 6 p.m. Enter sacred space of calming live music from singing bowls, gongs, flute, guitar, chimes and voice while resting in gentle poses. \$45. Inner Freedom Yoga, 890 G St, Arcata Plaza. (707) 440-2111, www.innerfreedomyoga.com. (W0129)

START YOUR CAREER IN MASSAGE THERAPY. Now enrolling. Daytime classes start September 2, at Arcata School of Massage. 650-Hour Therapeutic Massage Certification in California, and the National Exam. Our comprehensive program prepares your body, mind and heart to become a caring, confident professional massage therapist. Call 822-5223 for information or visit arcatamassage.com (W-1231)

YOGA SPECIALS. 10 classes for \$85. Offered through Jan. 6-month expiration. For anyone new to Inner Freedom Yoga. Release tension through safety, alignment and opening your heart. 890 G St, Arcata Plaza. (707) 440-2111. www.innerfreedomyoga.com. (W-0129)

COME HOME TO YOURSELF: WOMEN'S EMPOWERMENT SERIES WITH ROBYN SMITH. STARTS JAN. 25. Deepen your relationship with yourself, uncover blocks to your creativity and evolution, and make transformative shifts towards living in alignment with your heart. (707) 440-2111 www.innerfreedomyoga.com. (W-0122)

THE WA: AN ECSTATIC DANCE JOURNEY. with Michael Furniss. At Om Shala. Allow your body to move freely in a safe and sacred space. No experience or "dancing grace" is necessary. Jan. 23, 8-9:30 p.m. and 4th Fri. of every month. \$5-15 sliding scale. 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (W-0122)

YOGA IMMERSION AND TEACHER TRAINING BEGIN FEB. 6. Learn to share your love of yoga with confidence and skill. 200 hour certification course with Inner Freedom Yoga. Payments due by Jan. 25. 440-2111. www.innerfreedomyoga.com. (W-0122)

YOGA THERAPY FOR LOW BACK PAIN. In the lower back, sacrum, or hips with Christine Fiorentino. At Om Shala Yoga. Find relief from pain! 5 Thursdays starting Jan. 22, 7 a.m.-8:15 p.m. \$80â 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (W-0122)

HEY, BANDS.



Submit your
gigs online at
www.northcoastjournal.com

and/or email with
high-res photo to
music@northcoastjournal.com



northcoastjournal

NOTICE OF PETITION
TO ADMINISTER ESTATE OF
WILLIAM C. MARLOW
CASE NO. PR150004

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, WILLIAM C. MARLOW
A PETITION FOR PROBATE has been filed by THOMAS W. MARLOW
In the Superior Court of California, County of Humboldt.
THE PETITION FOR PROBATE requests that THOMAS W. MARLOW

Be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 29, 2015 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special

Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Leon A. Karjola, C.S.B. No. 69056
Attorney At Law
732 Fifth Street, Suite C
Eureka, CA. 95501
(707) 445-0804
January 08, 2015
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/15, 1/22, 1/29/2015 (15-08)

NOTICE OF PETITION TO
ADMINISTER ESTATE OF JUDITH
ALLEN MURPHY
CASE NO. PR150014

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, JUDITH ALLEN MURPHY
A PETITION FOR PROBATE has been filed by LEE ALEXANDER
In the Superior Court of California, County of Humboldt.
THE PETITION FOR PROBATE requests that JOHN B. FULLERTON, CPA
Be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on February 19, 2015 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special

either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Donald W. Bicknell
Law Office of Donald W. Bicknell
732 5th Street, Suite H
Eureka, CA. 95501
(707) 443-0878
January 15, 2014
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/22, 1/29, 2/5/2015 (15-14)

NOTICE OF PUBLIC SALE
NOTICE IS HEREBY GIVEN that Mid/Town Storage intends to sell the personal property described below to enforce a lien imposed on said property, pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. Mid/Town Storage will sell the contents of the following storage units listed below (where property has been stored) at public auction by competitive bidding on Saturday, the 24th of January, 2015 at 10 AM on it's premises at: 1649 Sutter Rd., McKinleyville, CA , County of Humboldt.
Name of Tenant and Storage Unit:
Jason Nickerson, Unit 5
Sarah Ward, Unit 40
Allyson Love, Unit 58
David Coleman, Unit 110
Trevor Buchholz, Unit 107
Teresa Jones, Unit 99
David Rogan, Unit 131
Melissa Augusta, Unit 135
Sharon Carter, Unit 165
Thia Kirch, Unit 419
Christie Wanek, Unit 456
Joseph Bettencourt, Unit 516
Marcia Hutson, Unit 522
Joseph Bettencourt, Unit 524
David Maxey, Unit 243
David Page, Unit 802
Andrew Carolus, Unit 743
Siobhan Haslam, Unit 741
Michael Brady, Unit 739
Joel Schwed, Unit 729
Jessica Gregorio, Unit 279
Teresa Ricks, Unit 309
plus miscellaneous units
Items to be sold include, but are

not limited to: household furniture, misc. housewares, TVs, plastic totes & boxes, misc. electronics, toys, ladders, bicycles and bicycle parts, speakers, fishing poles, craftsman chest, golf clubs, sewing machine, BBQ grill, various tools, and much more!
Purchases must be paid for at the time of sale and can be paid by Cash or Credit Card (Visa, MasterCard or Discover). A Cash Deposit of \$25 for smaller units and \$35 for larger units, is required for every unit purchased. Anyone interested in attending must sign in at the office prior to 10 A.M. on the day of the auction, no exceptions. All purchased items are sold as they are, where they are, and must be removed at the time of sale.
Sale is subject to cancellation in the event of settlement between owner and obliged party.
Auctioneer: David Johnson, 707-443-4851, Bond # 9044453. Sale will take place rain or shine. Bring flashlight and pad lock or locks...
For further information, please call (707) 839-1555

1/8, 1/15, 1/22/2015 (15-07)

FICTITIOUS BUSINESS NAME
STATEMENT 14-00689
The following person is doing Business as **O.T. ON WHEELS**, Humboldt, 2859 Wyatt Lane, Arcata, CA. 95521
Peggy Bell- Hans
2859 Wyatt Lane
Arcata, CA. 95521
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Peggy Bell- Hans, Licensed Occupational Therapist
This statement was filed with the County Clerk of Humboldt County on December 02, 2014
CAROLYN CRNICH
Humboldt County Clerk

1/1, 1/8, 1/15, 1/22/2015 (15-03)

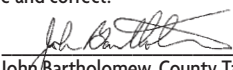
FICTITIOUS BUSINESS NAME
STATEMENT 14-00753
The following person is doing Business as **CIARA'S IRISH SHOP**, Humboldt, 334 2nd. Street, Eureka, CA. 95501
Mary C. Cree
3880 Palomino Pl.
Fortuna, CA. 95540
The business is conducted by An Individual
The date registrant commenced to transact business under the ficti-

tious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine

not to exceed one thousand dollars (\$1,000).
/s/ Cindy Cree, Owner
This statement was filed with the County Clerk of Humboldt County on December 30, 2014
CAROLYN CRNICH
Humboldt County Clerk

1/8, 1/15, 1/22, 1/29/2015 (15-04)

NOTICE OF AGREEMENT TO PURCHASE
TAX-DEFAULTED PROPERTY FOR DELINQUENT TAXES
(PURCHASE BY AN ENTITY OTHER THAN A CITY)

NOTICE IS HEREBY GIVEN, in accordance with the provisions of Division 1, Part 6, Chapter 8 of the California Revenue and Taxation Code (and the written authorization of the State Controller), that an agreement, a copy of which is on file in the office of the board of supervisors of Humboldt County, has been made between the Humboldt County board of supervisors and Resort Improvement District No 1 and Shelter Cove Sewer and other Facilities Maintenance District No 1. Approved by the State Controller, whereby Humboldt County will sell to Resort Improvement District No 1 and Shelter Cove Sewer and other Facilities Maintenance District No 1. under the terms set forth in said agreement all of the real property herein-after described, which is subject to the power of sale by the tax collector.
The effective date and time of the agreement shall be February 18, 2015 at 5:00 pm.
If the property is not redeemed according to law before the effective date and time of the agreement, the right of redemption will cease and the Humboldt County Tax Collector, pursuant to said agreement, will sell said property to Resort Improvement District No 1 and Shelter Cove Sewer and other Facilities Maintenance District No 1.
If the property is sold, parties of interest, as defined in Section 4675 of the California Revenue and Taxation Code, have a right to file a claim with the county for any proceeds from the sale that are in excess of the liens and costs required to be paid from the proceeds. If excess proceeds result from the sale, notice will be given to parties of interest pursuant to law.
For information as to the amount necessary to redeem or other related issues pertaining to the property described in this notice, contact John Bartholomew Tax Collector of Humboldt County in the State of California.
I certify (or declare), under penalty of perjury, that the foregoing is true and correct.

John Bartholomew, County Tax Collector

Executed at Eureka, Humboldt County California, on January 21, 2015.
Published in North Coast Journal on January 22nd, 29th and February 5th 2015.

PARCEL NUMBERING SYSTEM EXPLANATION
The Assessor's Parcel Number (APN), when used to describe property in this list, refers to the assessor's map book, the map page, the block on the map, (if applicable), and the individual parcel on the map page or in the block. The assessor's maps and further explanation of the parcel numbering system are available in the assessor's office.
The properties that are the subject of this notice are situated in Humboldt County, California, and are described as follows:

ITEM NO.	ASSESSOR'S PARCEL NUMBER	LAST ASSESSEE NAME
1	109-061-019-000	Kerry L & Cherise Terry
2	109-171-012-000	Danny Chu & Samantha Cham
3	109-221-005-000	Armand Contreras
4	109-251-041-000	Georges & Kris DeBoelpaep
5	109-261-003-000	Reyes R & Maria J Cordova
6	109-261-022-000	Jaime Medina
7	110-071-001-000	James L Young
8	110-071-003-000	Ray Green & Chad Peckham
9	110-151-030-000	W B & Mary R Van Deventer
10	110-251-039-000	Mahmoud & Melih Shaffie

1/22, 1/29, 2/5/2015 (15-12)

42

Clubs/Orgs

GET YOUR TAXES PREPARED FOR FREE AT THE ANNUAL TAXAPALOOZA EVENT SATURDAY, JANUARY 31
Don't wait until the last minute to file your taxes!

Join us for our TAXAPALOOZA Saturday, January 31, and get your income tax return prepared for FREE!! In honor of Earned Income Credit Awareness Day, the Volunteer Income Tax Assistance Program (VITA) Earn It! Keep It! Save It! (EKS) is once again sponsoring this event. VITA/EKS, served 590 individuals and families in Del Norte and Humboldt counties in 2013, bringing more than \$690,000 in tax refunds and credits to our local economy!

TAXAPALOOZA will be held at College of the Redwoods, from 1-5 pm in the Humanities Building, Room 204. To qualify for FREE tax help, your household income must be \$53,000 or less in 2014. IRS certified tax preparers will be on hand to determine your eligibility for the Earned Income Tax Credit, Child Tax Credit, and Child/Dependent Care Expense Credit. To take advantage of this opportunity you must bring the appropriate documents.

For more info. dial 2-1-1 or call (707) 441-1001. Don't miss Taxapalooza! NO appointment necessary. Se habla Española!

Sponsored by: 2-1-1 Humboldt/Humboldt Community Access and Resource Centers, Redwood Community Action Agency, and United Way of the Wine County (ANN-0129)

Opportunities

\$1,000 WEEKLY!! MAILING BROCHURES FROM HOME.

Helping home workers since 2001. Genuine Opportunity. No Experience required. Start Immediately www.mailingmembers.com (AAN CAN) (E-0205)

AIRLINE CAREERS.

Start here - If you're a hands on learner, you can become FAA Certified to fix jets. Job placement, financial aid if qualified. Call AIM 800-481-8389. (E-0129)

Opportunities

AMERICAN STAR PRIVATE SECURITY.

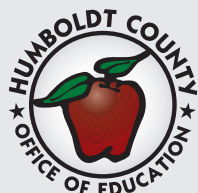
Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-0326)

HIRING FOR POSITION AS PERSONAL ATTENDANT.

Provides support services by assisting individuals with developmental disabilities. Personal Attendant assists the individual in the individual's home, helping with a variety of duties which will enhance the individual's life and independence, thereby creating integration into the community. Must be 21 or older with a clean driving record, valid driver's license, and full use of a vehicle. Must pass a physical, drug test and criminal background check. For more information and an application Please email jiverson@remivistainc.org or call Jen (707) 268-8722

TEACHERS NEEDED FOR GRADES K-2 & 3-8 CLASSROOMS.

Rural Southern Humboldt. College transcripts, resume and 3 letters of reference. Contact starkclan@gmail.com with any questions. Application deadline February 13. (E-0205)



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-1113)

Opportunities



EMPLOYMENT OPPORTUNITIES

CHER-AE HEIGHTS CASINO PART-TIME POSITIONS

Cage Cashier • Dual Rate/Dealer • Valet

SUNSET RESTAURANT ANNOUCEMENT

Due to remodeling, Humboldt Counties premier dining facility in Trinidad is seeking all Front and Back of the House positions including the following:

Head Chef, FT • Line Cook 1, 2, 3, FT and PT
Dishwasher- FT and PT • Waitpersons, PT
Bartender/Waitperson, PT

To apply for a position complete an application located on our website at www.cheraeheightscasino.com



14 W. Wabash Ave.
Eureka, CA 268-1866
eurekaca.expresspros.com

Sheet Metal Worker • Purchasing Agent
Senior Caregiver • Outside Sales • Retail
Bookkeeper • Catering Servers • Maintenance
Office Assistant • Class A Driver • Laborers
Medical Office Receptionist • Carpenters
Registered Nurse • Medical Assistant

CHANGE A LIFE TODAY!

Gain financial security while helping us support adults with developmental disabilities in our community. California MENTOR is seeking caring people with a spare bedroom to provide care from the comfort of your home. Receive a competitive tax-exempt monthly stipend and ongoing support. Call Sharon today for more information at 442-4500 ext. 16 www.mentorswanted.com (E-1231)

YUROK TRIBE JOB OPENINGS

ACCOUNTANT

FT/RG KLAMATH \$44,249-\$69,969 O.U.F

HEAD START TEACHER

FT/RG KEPEL \$36,896-\$47,964 O.U.F

YUROK LANGUAGE TEACHER AIDE

PT/RG KLAMATH \$13.76-\$17.90 FF DATE O.U.F

HEAD START TEACHER

FT/RG KLAMATH \$36,896-\$47,964 FF DATE O.U.F

FISCAL DOCSTAR CLERICAL

PT/RG KLAMATH \$10.03 FF DATE O.U.F

MENTAL HEALTH WORKER

FT/RG KLAMATH \$48,871-\$63,526 FF DATE O.U.F

ASSISTANT DIRECTOR SOCIAL SERVICES DIRECTOR

FT/RG KLAMATH \$48,871-\$69,969

FF DATE O.U.F 1ST REVIEW 1/16/15

TRANSIT BUS DRIVER

FT/RG \$15.45-\$20.09 FF DATE 1/28/15
2 POSITIONS OPEN 1-KLAMATH, 1-WEITCHPEC

FINANCE DIRECTOR

FT/RG KLAMATH \$84,278-NEGOTIABLE DOE
FF DATE O.U.F 1ST REVIEW 1/31/15

TRIBAL COURT YOUTH WELLNESS COORDINATOR

FT/RG KLAMATH \$39,954-\$51,944 FF DATE 1/26/15

TRIBAL COURT WELLNESS COURT COORDINATOR

FT/RG KLAMATH \$39,954-\$51,944 FF DATE 1/26/15

PLANNER II GRANT WRITER

FT/RG KLAMATH \$35,954/\$39,954
FF DATE O.U.F 1ST REVIEW 1/30/15

All positions require a completed Yurok Tribe application. Any questions please call (707) 482-1350 ext. 1376 or log onto www.yuroktribe.org. Join us on Facebook: www.facebook.com/yuroktribehumanresources

Opportunities



Southern Humboldt Community Healthcare District is now accepting applications for:

CLINICAL LAB SCIENTIST

Full time, flexible schedule, \$79,040-\$101,920/annually plus on-call and call pack pay plus benefits package.

ADVANCED PRACTITIONER

Physician's Assistant or Family Nurse Practitioner, flexible schedule with competitive pay and benefits.

SOCIAL WORKER

Full Time. MSW or LCSW required
\$25-\$35/hour DOE + benefits.

PATIENT FINANCIAL SERVICES REGISTRATION CLERK

Evenings and weekends required. \$15/hour.

PHLEBOTOMIST / LAB ASSISTANT

Monday through Friday. Pay DOE

Visit www.shchd.org for more information and to apply
Or call (707) 923-3921 ext. 230



DATA SUPPORT CLERK (QI)

1 P/T Arcata

DIETICIAN

1 F/T Crescent City

LVN

1 F/T Fortuna

MEDICAL ASSISTANT

1 F/T Arcata

1 F/T Fortuna

1 F/T Willow Creek

MEDICAL RECEPTIONIST

1 F/T Crescent City

1 F/T Fortuna

RN

1 F/T Willow Creek

1 F/T Arcata

1 F/T Eureka (Mobile Health Services)

RN CLINIC COORDINATOR (SUPV)

1 F/T Willow Creek

1 F/T Eureka

RDA

2 P/T (20 Hours/week) Eureka

2 F/T Crescent City

SITE ADMINISTRATOR

1 F/T Eureka

Visit www.opendoorhealth.com to complete and submit our online application.

Opportunities



CITY OF EUREKA DEPUTY CITY ENGINEER

\$5,967 - \$7,252/MONTH +

EXCELLENT BENEFITS

The City of Eureka is seeking qualified candidates for a full-time Deputy City Engineer to join our team.

Requirements: Equivalent to graduation from a four-year college or university with major coursework in civil engineering or a related field and, five years of civil engineering and/or public works experience, including two years in a supervisory role. Possession of a Master's Degree is highly desirable and may be substituted for one year of the required experience. Possession of a Valid Professional Engineer certification or registration with the State of California is required.

The City of Eureka will be accepting applications for this position until February 13, 2015.

For a complete job description and qualifications or to apply on line please visit our website at www.ci.eureka.ca.gov or contact our job line at 441-4124. EOE.

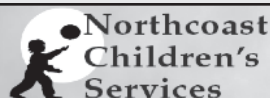
northcoastjournal.com/blogjammin

MORE BLOGS.
EVERYDAY.



THE BLOGS

BLOGTHING + A&E + HUM PLATE



Eureka HOME VISITOR

Provide weekly home visits and facilitates parent & child play groups twice a month. Requires AA/AS degree in Early Childhood Education, Psychology, Social Work or a related field OR 24 Head Start related units. Requires 2 years experience in community service, working with children & families. Bilingual preferred.
Full-time (year round): \$12.83-13.48 per hour. **First Review Date:** 01/23/15

Arcata Main Office ACCOUNTING TECHNICIAN

Performs a variety of clerical and technical tasks involving the preparation and maintenance of fiscal or related records including processing payroll with an emphasis on accounts payable. Requires High School graduate or equivalent and 3 years bookkeeping experience (payroll & accounts payable) and extensive experience using Excel. Related college course work desirable. **Full-time (year round):** 37.5 hours per week (Mon-Fri); \$13.85-\$15.27 per hour. **First Review Date:** 01/20/15

McKinleyville Headstart CENTER DIRECTOR

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Requires a minimum of 2 years experience working with preschool children in a group setting. **Full-time (school year):** 40 hours per week (Mon-Fri); \$13.41-14.08 per hour. Full time positions require cover letter and resume along with NCS app. **Review Date:** 01/23/15

Submit application, resume & cover letter to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For additional information, please call 707- 822-7206 or visit our website at www.ncsheadstart.org

Opportunities

ENVIRONMENTAL ALTERNATIVES FOSTER FAMILY AGENCY

Seeking a **Full-Time Social Worker** for our Eureka office. Must have a Master's Degree in a related field. DOJ/FBI and CAIC clearances are required. Strong communication skills a must. \$37,440 per year. Excellent benefit package. Resume: agarrison@ea.org OCA# 125001457 EOE

FILM COMMISSION SEEKS PART-TIME ADMIN ASSISTANT.

Visit for more info.
www.filmhumboldtelnorte.org



445.9461 • 2930 E Street Eureka, CA 95501

www.sequoiapersonnel.com

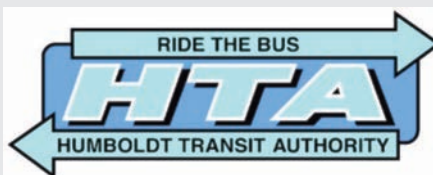
PLANNED PARENTHOOD NORTHERN CALIFORNIA (PPNORCAL) PART-TIME AND FULL-TIME CLINICIANS (NP/PA/CMW)

EUREKA AND REDDING, CA

****\$K SIGN ON BONUS AVAILABLE****

PPNorCal is currently seeking a Full-Time and Part-time Clinician at our health centers located in Eureka and Redding CA. These individuals will deliver family planning and abortion services to our clients, function as part of a healthcare team and will be an integral part of the Client Services department. These are non-exempt level positions that include evening shifts as needed.

Salary DOE + bilingual pay differential. Email or fax your cover letter, resume and names of three professional references with phone numbers to: careers@ppnorcal.org or Fax: (925) 676-2814. EOE.



THE HUMBOLDT TRANSIT AUTHORITY IS
CURRENTLY HIRING BUS DRIVERS.

Our drivers operate all types of buses that are assigned to Humboldt Transit Authority fleet. Motivated individuals seeking to apply must be in possession of a valid Class C driver's license, and must present with their application, a current DMV printout of their driving record.

Certified on-site training is provided.

Drivers are responsible for the safe operation of all equipment in compliance with federal, state, county and municipal regulations.

All drivers will begin employment with part-time status and the option to work into full time position. Full-time drivers receive increases in compensation and a desirable benefits package.

Starting wage: \$14.22 / hour.

Please visit our website at:
www.hta.org
to download an employment application

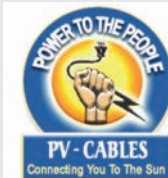
Opportunities



NON-MEDICAL CAREGIVER START AT \$13.40 PER HOUR

Submit Resume to:
dana@caregiverhire.com.
Application to:
www.caregiverhire.com
This is a continuously open job post in anticipation of positions to be filled, which is dependent upon individual client need.
(707) 443-4473

Opportunities



OFFICE ADMINISTRATOR

A professional demeanor and the ability to handle multiple projects simultaneously. Knowledge in QuickBooks, Microsoft Word, Excel and Outlook Express
WWW.PV-CABLES.COM

REDWOOD COAST PACE SOCIAL WORKER

Be a part of Redwood Coast PACE (Program for All-inclusive Care for the Elderly) a new program of the Humboldt Senior Resource Center. The Redwood Coast PACE Social Worker is an important member of the Interdisciplinary Team. Qualifications: MSW required, with at least one year experience working with an elderly population and knowledge of local community services for the elderly and their families.

Must have proficient computer skills.
40 hrs./week. Mon.-Fri.
Excellent benefit package.

To view complete job description or download job application visit our website at www.humsenior.org or pick up an application at 1910 California St. Eureka, Ca. 95501.

Submit letter of interest, application, résumé and three letters of recommendation to address listed or e-mail to: hr@humsenior.org Call (707) 443-9747 Ext. 1257 for more information. Application deadline: Open until filled. EOE.



SEEKING ASSISTANCE WITH RESEARCH IN DUNGENESS CRAB FISHERY

Research on non-fatal injuries. Part time, \$16/hour. For details contact 1-541-574-6534 or extension.oregonstate.edu /lincoln/marine

Opportunities

HOME CAREGIVERS PT/FT.

Non-medical caregivers to assist elderly in their homes. Top hourly wages.
(707) 362-8045. (E-0423)

AVIATION GRADS WORK WITH JETBLUE, BOEING, NASA AND OTHERS.

Start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN) (E-0122)

Auctions

PUBLIC AUCTION

THURS. JAN 29, 5:15PM

Estate Furniture & Household Misc. + Additions

INFO & PICTURES AT
WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11AM-5PM,
THURS. 11AM TO SALE TIME



3950 JACOBS AVE. EUREKA • 443-4851

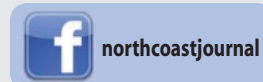
Clothing

FLASHBACK

116 W. Wabash • 443-3259
Weds.-Sat. 1-6 • Sun. 8-6



January's Sale is: Select Black
Vintage Clothing & Secondhand
"Clothes with Soul"



THERE'S SO MUCH
FABULOUS VINTAGE
AT THE LITTLE

SHOP OF
HERS
OPEN DAILY
12-6

IT'S FUN!
416 2ND ST
441-9078
WE BUY & TRADE

CONTINUED ON NEXT PAGE ►

Community

BECOME A FOSTER PARENT.

Provide a safe and stable environment for youth 13-18 for them to learn & grow in their own community. Contact the HC Dept. of Health & Human Services Foster Care Hotline for more information (707) 499-3410

California MENTOR
www.MentorsWanted.com

JOIN CALIFORNIA MENTOR FOR A FUN LUNCH AND INFORMATION SESSION THURSDAY

JANUARY 29, 1 P.M.
AT CARMELA'S IN ARCATA!
1288 G ST

Learn more about MENTOR and what we do and the amazing opportunities we have! If you have an extra room in your home, would like to earn tax-exempt income working from home, and enjoy helping and caring for others this is for you! For more information call Sharon at 442- 4500 ext. 16

Electronics

WANTED: Vacuum tubes, tube amps, stereo equip, ham radio, test equip. Any quantity. Call Ethan (775) 313-2823.

Merchandise

For the Bath

42nd ANNIVERSARY

SALE 25% OFF

All regularly priced merchandise
Thru January 31st, 2015

Open 7 Days
1031 H St.
Arcata
822-3450
www.bubbles-arcata.com

SELECT SHOES 50¢ PAIR ! PLUS ALL SHOES 1/2 PRICE.

JANUARY 22-28
Dream Quest Thrift Store:
Helping Youth Realize Their Dreams. Willow Creek.

Miscellaneous

START SAVING \$\$\$ WITH DIRECTV.
\$19.99 mo. 130 channels, FREE HDDVR-4 ROOM install. High Speed Internet-Phone Bundle available. CALL TODAY (877) 829-0681 (AAN CAN) (MISC-0212)

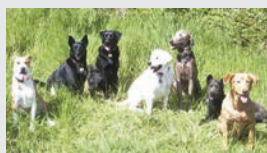
Miscellaneous

AUTO INSURANCE STARTING AT \$25/ MONTH!
Call (855) 977-9537 (AAN CAN) (M-0212)

Pets & Livestock

BUY SELL TRADE livestock here!

20 words and a photo, in full color for only \$25 per week.
442-1400
classified@northcoastjournal.com
www.northcoastjournal.com



DOG TRAINING.
Puppy class starts Tues., Jan. 27, 6 p.m., 5 sessions \$60.
Basic class starts Tues., Jan. 27, 7 p.m., 6 sessions \$65.
For more info. call 443-1183. Sign up at the Adorni Center 441-4248 (P-0122)

Art & Design

ART CENTER FRAME SHOP

616 Second St.
Old Town Eureka
707.443.7017
artcenterframeshop@gmail.com

Auto Service

YOUR ROCKCHIP IS MY EMERGENCY! Glaswelder, Mobile, windshield repair. 442-GLAS, humboldtwindshieldrepair.com (S-1231)

Auto Service

CASH FOR CARS. Any Car/Truck. Running or Not! Top Dollar Paid. We Come To You! Call For Instant Offer: 1-888-420-3808 www.cash4car.com (AAN CAN) (A-0101)

Cleaning

CLARITY WINDOW CLEANING.
Services available.
Call Julie 839-1518. (S-0129)

Computer & Internet

707-840-0600

Macs for the Masses

Macintosh peace of mind since 1993.

Jim Elferdink
www.macsforthemasses.net



Macintosh Computer Consulting for Business and Individuals

Troubleshooting
Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice
707-826-1806
macsmist@gmail.com

Financial

ARE YOU IN BIG TROUBLE WITH THE IRS?

Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-753-1317 (AAN CAN) (F-0212)

Garden & Landscape

ALLIANCE LAWN & GARDEN CARE. Affordable, Dependable, and Motivated Yard maintenance. We'll take care of all your basic lawn needs. Including hedging, trimming, mowing, and hauling. Call for estimates (707) 834-9155. (S-0402)

PROFESSIONAL GARDENER. Powerful tools. Artistic spirit. Balancing the elements of your yard and garden since 1994. Call Orion 825-8074, www.taichigardener.com (S0129)

Garden & Landscape

Fresh Roots Humboldt is a full service Landscaping and Smart Gardening Service. We provide low-impact, earth friendly, and innovative options for your family's outdoor lifestyle.

FRESH ROOTS HUMBOLDT

Schedule a consultation:
707.502.2673 | freshrootshumboldt.org

Home Repair

\$2,000 ENERGY CREDIT!
SAVE 30-60%
ON CURRENT ELECTRIC BILL
GET SOLAR
NO INSTALLATION FEES.....
NO MAINTENANCE FEES.....
EASY QUALIFICATIONS
START SAVING TODAY!!!!
(805) 765-2761
ELEVATEMYSOLAR
@GMAIL.COM

HANDYMAN

Need a handyman? Tired of no shows, over priced and unreliable handymen? Give me a call and let's see what I can do for you. Senior discounts. (707) 382-0923 hilliardproperty@yahoo.com

QUALITY WORKSMANSHIP

REASONABLE RATES
Decking, Fencing, Siding, Roofing/Repairs, Doors, Windows
Honest & Reliable, Retired Contractor
(707) 267-0496
sagehomerepair@gmail.com

Home Repair

2 GUYS & A TRUCK.
Carpentry, Landscaping, Junk Removal, Clean Up, Moving. No job too big or small, call 845-3087 (S-0115)

Legal

Kathleen Bryson Attorney

DUI & DMV Hearings
Cultivation/Possession
Juvenile Delinquency
Misdemeanors & Felonies
Former Hum. Co. Deputy DA
Member of CA DUI Lawyers Assoc.
FREE CONSULTATION
732 5th Street, Suite C,
Eureka, CA 95501
707.268.8600
info@humboldtjustice.com
www.humboldtjustice.com

Musicians & Instructors

BRADLEY DEAN ENTERTAINMENT.

Singer Songwriter. Old rock, Country, Blues. Private Parties, Bars, Gatherings of all kinds. (707) 832-7419. (M-1106)

GUITAR/PIANO LESSONS.

All ages, beginning & intermediate. Seabury Gould (707) 444-8507. (M-1231)

PIANO LESSONS. Beginners, all ages. Experienced. Judith Louise 476-8919. (M-1231)

BONGO BOY

Studio Recording & Mixing
CD Mastering, Package Design
Tapes/ LP/ Cassette/ videotape
transferred to CD / DVD
24 track remote recording
Professional Engineer
e-mail: bongoboycd@sbcglobal.net
bongoboystudio.com
Celebrating 13 years in Humboldt County!
(707) 839-5090

Other Professionals

A'O'KAY CLOWN & NANI NATURE.

Juggling Jesters and Wizards of Play present Performances for all Ages; A magical adventure with circus games & toys. For info. on our variety of shows and to schedule events & parties. Please call us at (707) 499-5628. Visit us at circusnature.com (S-1231)

What's
your
food
crush?



We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the Hum Plate blog.

Email jennifer@northcoastjournal.com

Other Professionals



DOES YOUR CHILD NEED HELP READING?
FREE DIAGNOSTIC TEST, MINI LESSON PARENT CONSULT (VALUE OF \$75)
 Professional Individual Reading Instruction, Parent Mentoring
Sherry McCoy M.A.
 Credentialed Teacher
 25 yrs. Teaching exp.
 665 F St. Ste. C Arcata
 (707) 616-6564
www.redwoodreading.com

PREGNANT? THINKING OF ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families Nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions.
 866-413-6293.
 Void in Illinois/New Mexico/Indiana (AAN CAN) (S-0122)

READING TUTOR
 Credentialed Teacher
Karen G. @ (530) 906-3735
 Humboldt County - \$24hr.
 (S-0219)

SOMEDAY SERVICES
PROFESSIONAL ORGANIZING HUMBOLDT
 Free Evaluation. Fair Rates. Compassionate, Strong, Confidential.
 (707) 839-4896
 Laura@
SomedayServices.com
www.SomedayServices.com

RESTAURANTS, MUSIC, EVENTS,
 MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL
 and it's ready
 to go, right on
 your phone.



Other Professionals



WRITING CONSULTANT/EDITOR.
 Fiction, nonfiction, poetry.
 Dan Levinson, MA, MFA.
 (707) 443-8373.
www.ZevLev.com



Knives • Blades • Shears
 Trimmers • Custom Orders
 Pick Up and Drop Off:
ARCATA: All Under Heaven
 Arcata Plaza, 825-7760
EUREKA: Little Japan
 Henderson Center, 798-6003
HARVEY'S SHARP-N-THINGS
 707 616-7022

IN-HOME SERVICES

We are here for you

Registered nurse support
 Personal Care
 Light Housekeeping

Assistance with
 daily activities
 Respite care
 & much more



insured & bonded

Humboldt Caregivers

Serving Northern California
 for over 20 years!

TOLL FREE
1-877-964-2001

HIGHER EDUCATION FOR SPIRITUAL UNFOLDMENT.
 Bachelors, Masters, D.D./Ph.D., distance learning, University of Metaphysical Sciences. Bringing professionalism to metaphysics.
 (707) 822-2111 (MB-1231)

STRUGGLING WITH DRUGS OR ALCOHOL?
 Addicted to PILLS? Talk to someone who cares. Call The Addiction Hope & Help Line for a free assessment. 800-978-6674 (AAN CAN) (M&B-0122)

START THE YEAR WITH PHOENIX RISING YOGA THERAPY.

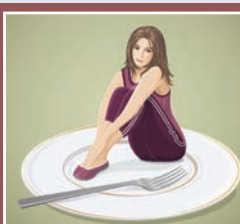
A fusion of psychology and assisted yoga postures. Connect with your body in a new way!
 No yoga experience or flexibility required! Visit innerjourneyyoga.com or call Jennifer Brown (707) 396-8736 to learn more.

COME HOME TO YOURSELF SELF ESTEEM AND RELATIONSHIP COACH



For women who feel lack of confidence or stuck in relationship patterns: learn empowering tools to make positive shifts toward greater self esteem, improved relationships, and living in alignment with your heart. Body-centered Hendricks coaching gives you new tools to make faster lasting changes.

Call Robyn Smith
 (707) 440-2111.
www.innerfreedomyoga.com



Treating Bulimia, Anorexia, Binge-Eating.
 Kim Moor, MFT
 #37499
Call 441-1484



Private Holistic Wellness Classes
 in Eureka

• Qigong • Tai Chi
 • Qi Yoga • Meditation
 • Food Healing

Relax, Heal, Re-energize

Shifu Sherri
 (707) 798-1085

bendingtothelight@gmail.com

Like us on Facebook

Loving Hands, Institute of Healing Arts



Est. 1979
MASSAGE THERAPY

Happy New Year's Weekend Massage Clinic Special

½ hour \$20

1 hour \$35

Mon.-Fri. 11 a.m. to 7 p.m.
 Sat. 10 to 5; Sun. 1 to 5

725-9627

739 12th St., Fortuna
www.lovinghandsinstitute.com

North Coast Medical

Diane Dickinson, MD



(707) 826-1165
northcoast-medical.com



Kick off the New Year right! Have fun staying fit.

Take Tai Chi.

Classes in 5 cities
 Beginners welcome

Certified Instructor:
Glenda Hesseltine
gkhesseltine@yahoo.com

268-3936

www.taichiforeveryone.net

PLACE YOUR OWN AD AT:

classified.northcoastjournal.com

Massage Therapy
 Eminence Organic Facials
 Therapeutic Foot Treatments
 Pedicures & Manicures
 Waxing & Sugaring



soultosoulspa.com
822-7685(SOUL)
 10th Street in Arcata

Rachael Santsche
 BSDH, RDHAP • CA License #528

Need your teeth cleaned?

Independent Dental Hygiene Practice

Accepting New Patients

No new patient exams or x-rays required.

Schedule today
 1085 I Street Suite 214
 Arcata, CA • 845-3636
northcoastdentalhygiene.com

TRUE MOTION FITNESS

A unique approach to movement health

featuring
Muscle Activation Techniques™

A systematic approach to strengthen, stabilize and reduce stress at joints and surrounding muscle tissue

Gym Memberships Personal Training

(707) 822-3018
info@truemotionfitness.com
www.truemotionfitness.com
 901 O St, Suite B, Arcata

2015 WEDDING & PARTY GUIDE

It's here!

FIND IT NOW ON
 NEWSSTANDS AND
 AT LOCAL WEDDING &
 PARTY RETAILERS

Search the complete directory online
 at northcoastjournal.com/wedding



LITHIA CHRYSLER JEEP DODGE
OF EUREKA



**2015 Chrysler
200 Limited**



MSRP \$25,475
Lithia Discount -\$2,980
Lithia Price \$22,495
4 AT THIS PRICE
Factory Rebate \$2,500
\$19,995 NET COST

Stk#
FN627218,
FN627261,
FN627306,
FN627163

**2015 Jeep
Cherokee Sport**



MSRP \$24,185
Lithia Discount -\$1,690
Lithia Price \$22,495
6 AT THIS PRICE
Factory Rebate \$2,500
\$19,995 NET COST

Stk#
FW632149

**2014 Ram 1500
SLT QUAD CAB 4x4**



MSRP \$41,925
Lithia Discount -\$4,930
Lithia Price \$36,995
4 AT THIS PRICE
Factory Rebate \$4,000
\$32,995 NET COST

Stk#
ES467075,
ES467079,
ES467108,
ES467119

LITHIA CHRYSLER JEEP DODGE OF EUREKA
On South Broadway next to Pierson Building Center
T [707] 502-3218 | SHOP: LITHIAEUREKA.COM

Plus government fees and taxes, any finance charges, \$80 dealer document processing charge, any electronic filing charge and any emission testing charge. Offer Expires 01/28/15.



**INTERESTED IN THE
JOURNAL'S AUTO SECTION?**

CALL 442-1400 x319



**AFFORDABLE RATES &
UNBEATABLE EXPOSURE!**

north coast
thejournal
OF POLITICS, PEOPLE AND ART



47th Anniversary Sale

Entire inventory has been marked down



"Up on the hill in McKinleyville"
Sale Ends 01/31/2015

**VISIT OUR WEBSITE
WWW.OPIESCHEVYBUICK.COM**

OPIE'S CHEVROLET • BUICK

1900 CENTRAL AVE., MCKINLEYVILLE • 839-5454

All advertised prices exclude government fees and taxes, any finance charges, any dealer document preparation charge, and any emission testing charge.



NORTHWOOD
CHEVROLET HYUNDAI

7TH & D EUREKA • 707 443-4861

We Want Your Trade

\$1,000 Conquest Rebate
\$500 Customer Cash
\$500 Loyalty Rebate
\$15,466 NET COST AFTER FACTORY REBATES

2015 CHEVY SONIC

NEW



#149902

\$19,530 MSRP
-\$1,500 Customer Cash
-\$500 Loyalty Rebate
-\$1,000 Conquest Rebate
-\$535 Northwood Discount

2014 CHEVY CRUZ LT

NEW



#478439

\$3,000 IN FACTORY REBATES

\$3,500 IN FACTORY REBATES

2014 CHEVY IMPALA

NEW



#180760

FINANCING AVAILABLE

\$35,120 MSRP
\$1,125 Northwood Discount
\$500 Bonus Cash
\$1,750 Customer Cash
\$1,000 Loyalty Rebate

2014 CHEVY TRAVERSE LS

NEW



#EJ291034

One at this net price
After Rebates and Discounts



\$1,750 Customer Cash
\$2,000 Trade In Assistance
\$1,000 Loyalty Cash
\$1,000 Select Bonus Cash

2014 CHEVY SILVERADO

NEW



\$31,980

1 ONLY AT THIS NET COST!

TRADE INS WANTED

#524071

\$1,750 Customer Cash
\$2,000 Trade In Assistance
\$1,000 Loyalty Cash
\$1,000 Select Bonus Cash

2014 CHEVY SILVERADO

NEW



\$21,485

1 ONLY AT THIS NET COST!

ONLY 2 2014 SILVERADOS LEFT

0% APR for 60 Months*

2015 ELANTRA'S



*0.0% APR FOR 60 MONTHS
16.67 PER 1,000 FINANCED ON APPROVAL OF CREDIT.

0.0% APR for 60 Months*
Plus \$500 Rebate

2015 SONATA'S



*0% APR FOR 60 MONTHS
16.67 PER 1,000 FINANCED ON APPROVAL OF CREDIT.



ALL REMAINING 2014 HYUNDAI'S IN STOCK PRICED TO SELL

Over 60 Hyundais in stock



172 Point Safety and Quality Reconditioned Used Cars

\$26,995 34,000 miles
#651357
Ram Pickup
1500 4WD QUAD CAB 6.4 FT BOX SLT
2013

\$34,995 38,000 miles
#299382
Chevrolet Tahoe
4WD 1500 LT
2013

\$21,995
#626778
Jeep Grand Cherokee
4WD 4DR LAREDO ALTITUDE
LTD AVAIL
2013

\$28,995 21,000 miles
#188509
Lexus IS 250
4dr Sport Sdn Auto
2013

\$15,995 42,000 miles
#280065
Ford Fusion
4DR SDN SEL FWD
2011

\$39,995 31,000 miles
#119834
GMC Yukon
XL 4WD 4DR SLT
2014

\$23,995 39,000 miles
#116263
Kia Optima
4dr Sdn SX
2013

\$17,995 35,000 miles
#593231
Jeep Compass
4WD 4dr Sport
2014

\$15,995 32,000 miles
#101364
Chevrolet Impala
LT V6 Automatic FWD
2013

\$13,995
#091616
Toyota Camry
2dr Conv SE V6 Auto
2006

www.northwoodchevy.com • www.northwoodhyundai.com • www.northwoodusedcars.com

All advertised prices excluding government fees and taxes, any finance charges, any dealer document preparation charge and any emission testing charge. Good through January 31st, 2015



FORECAST: 100% REIGN.

A lighter frame. A faster 0-60 mile per hour time. And the most fuel-efficient engine yet. In other words, all the right conditions for domination.

Visit your local BMW center for a test drive today.

THE NEXT-GENERATION BMW X5.

Right now take advantage of special offers through BMW Financial Services.



BMW OF HUMBOLDT BAY

1795 Central Avenue, McKinleyville, CA 95519 (707) 839-4269

www.bmwofhumboldtbbay.com

¹For model year 2015 or later vehicles sold or leased by an authorized BMW center on or after July 1, 2014, BMW Maintenance Program coverage is not transferable to subsequent purchasers, owners, or leasees. Please see bmwusa.com/UltimateService or ask your authorized BMW center for details. Special lease and finance offers available through BMW Financial Services. ©2014 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.

FRANKLIN'S SERVICE

Trusted in Humboldt County since 1948

Free shuttle service

- Smog, Brake & Lamp Inspections
- Factory-Scheduled Maintenance
- Complete Drivetrain Service
- Lube, Oil & Filter Service
- Brakes & Suspension Repair
- Computer Wheel Alignments
- Air Conditioning Service & Repair
- Cooling System Service & Repair

707-822-1975 • 1903 Heindon Rd., Arcata
Monday – Friday 8am – 5:30pm

LEON'S CAR CARE CENTER

We'll shuttle you to and from work!

Vehicle Repair & Maintenance
"WE DO THAT!"

7:30-5:15 M-F
707 444-9636
929 Broadway
Eureka, CA 95501

leons-carcare.com

YOUR AD HERE!

CALL 442-1400 x319

thejournal

Apartments for Rent

HUMBOLDT PLAZA APTS.

Opening soon available for HUD Sec. 8 Waiting Lists for 2, 3 & 4 bedrm Apts.

Annual Income Limits:

1 pers. \$20,100; 2 pers. \$22,950;
3 pers. \$25,800; 4 pers. \$28,650;
5 pers. \$30,950; 6 pers. \$33,250;
7 pers. \$35,550; 8 pers. \$37,850.

EHO. Hearing impaired: TDD Ph#
1-800-735-2922. Apply at Office:
2575 Alliance Rd. Arcata,
8am-12pm & 1-4pm, M-F
(707) 822-4104

Roommates

ALL AREAS ROOMMATES.COM.

Lonely? Bored? Broke? Find the perfect roommate to complement your personality and lifestyle at Roommates.com! (AAN CAN) (R-0122)

PLACE YOUR OWN AD AT:

classified.northcoastjournal.com

Comm. Space for Rent

S & W PROPERTIES, LLC.

Commercial space for lease in downtown Eureka. Parking included, close to courthouse, post office, and banks. Most utilities paid. Call (707) 443-2246 for showing. (R-0129)

Acreage for Sale



WILLOW CREEK PROPERTY. WILL CONSIDER OFFERS \$79,900

1.33 acres, Willow Creek Community Service District Water, underground power & phone at property. R-2 soils report and perk tested. Approved septic system design by Trinity Engineering. Property is zoned RST. Property is located off Highway 299 on private road one mile east of Willow Creek. Ready to build. (530) 629-2031

Houses for Sale

HOME FOR SALE.

3.5 Bedroom plus loft in Eureka near Henderson Center. \$189,000. Please call (707) 444-8117.

LOOK 2BR/1BA

ARCATA

OWNER FINANCE
269K CASH OR 299K OWC
w/ 75k down
2705 Alliance Road
riverfloating@yahoo.com

RESTAURANTS, MUSIC, EVENTS, MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL and it's ready to go, right on your phone.



home & garden

FIND HOME IMPROVEMENT EXPERTS

Starting on Page 24

GREAT ARCATA HOME!

Located on a quiet, family friendly cul-de-sac walking distance to town and nearby schools. This 3 bedroom, 2 bath home has forced air and a wood stove for cozy winter nights. Flooring is hardwood, bamboo, and marmoleum. Mature landscaping gives the home a secluded feeling. Excellent neighborhood of newer homes. Schedule a showing today! \$319,000

KRIS SUNDEEN
DRE License# 01438846
HumboldtCountyProperty.com
"Making Real Estate Dreams a Reality."
Cell: 707-498-4429

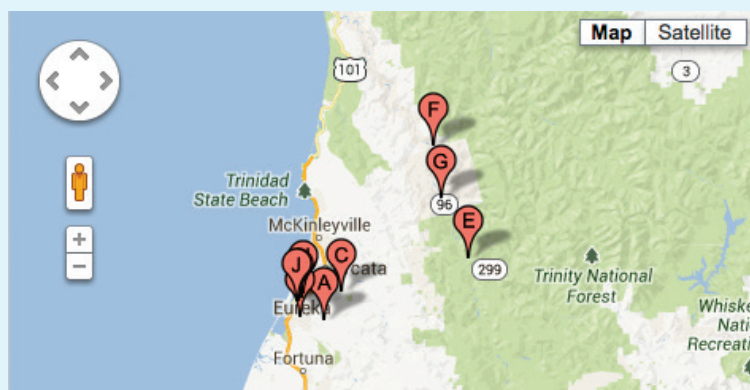
KAREN ORSOLICS
DRE License# 01200980
ArcataProperty.com
"The best move you'll ever make."
Cell: 707-834-1818

ABSOLUTELY STUNNING

Absolutely stunning 3 bedroom, 2 1/2 bath custom Victorian style home on over 1 1/2 acres in Woodland Heights. Home features cedar siding and huge wrap around veranda with distance ocean views! Call Karen for more details. \$469,000

Housing/Properties

Arcata, Eureka and rural properties throughout Humboldt County



classified.northcoastjournal.com

NEW LISTING:
Yours!

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com

HOUSING

Acreage for Sale
Apartments for Rent
Commercial Property for Sale
Commercial Space for Rent
Houses for Rent
Realtor Ads
Vacation Rentals

COMMUNITY REALTY

2850 E St., Eureka
(Henderson Center),
707 **269-2400**
2355 Central Ave., McKinleyville
707 **839-9093**

communityrealty.net

REALTOR MLS f g+ t

the **LAND MAN** OFFICE

315 P STREET EUREKA, CA 95501

707.476.0435

humboldtlandman.com

 Charlie Tripodi Land Agent BRE #01332697 707.834.3241	 Kyla Tripodi Realtor/ Land Agent BRE #01930997 707.834.7979	 Brenden Morton Realtor/ Land Agent BRE# 01961360 707.845.2702	 Katherine Fergus Realtor/ Residential Specialist BRE# 01956733 707.601.1331
---	--	--	--

RIO DELL SINGLE FAMILY HOME \$195,000

Affordable three bedrooms, 3 baths home in Rio Dell. Custom beam ceilings, cute, craftsman feel. Great starter home with lots of potential. End of the road privacy, close to downtown, and quite setting.

KNEELAND LAND/PROPERTY \$485,000

Amazing opportunity to own ±160 acres with a 20' yurt on Mtn. View Road in Kneeland. Two building sites, close to town, good water supply, plenty of sunshine, beautiful views of the Mad River Valley.

HAYFORK LAND/PROPERTY \$399,000

±190 Acres with Hayfork Creek frontage just outside of Hayfork, CA. This property has standing timber & amazing valley views with a pleasant creek swimming hole. Wonderfully secluded, yet close to town, this property has several potential building sites with one developed site and a great dirt road for easy access. Elevation approx. 2300'-3000'.

TRINITY LAND/PROPERTY \$195,000

This private ±30 Acre property on Bowerman Ridge is ready for you! Composed of three separate parcels, the property boasts tons of water with a year round developed spring and creek, a cleared building site with additional useable flats, two cargo storage containers, moderate timber, sloped topography from 2,800-6,500 feet, and a 15 kilo watt generator.

Quality, Fast & Affordable Care, 7 Days a Week, 365 Days a Year

REDWOOD URGENT CARE

After providing fast, quality and affordable care to several thousand patients in the community in 2014, we are starting 2015 with a stronger commitment to provide you with the quality of care you deserve. We are committed to exceeding your expectations with new technologies and more services.

Now a Covered California Provider

To serve even more members of the community, we have decided to participate in **Covered California**. We are now a contracted provider for Covered California (Blue Shield) and will soon be a contracted provider for Covered California (Blue Cross).

We continue to remain affordable

We offer a discount to self-pay patients with most of our visits (including some simple labs) costing just **\$99.00**.



Short wait and total visit time

Using **Zipass** Technology we are able to see most patients in the clinic **with a total visit time of less than one hour**.

New, earlier hours

Starting Feb, 1, 2015, our hours will be 9:00 a.m.-7:00 p.m., seven days a week. Holidays hours are 9:00 a.m.- 5:00 p.m.

So why wait to get very sick?

When you don't have to wait to be seen and have access to affordable care more than ever.

**Walk in today
or make same-day online
appointments at
RedwoodUrgentCare.com**



Find us on Facebook

RedwoodUrgentCare.com

(707) 298-2011

2440 23rd Street, Eureka, CA 95501

OPEN 7 DAYS 9 a.m. - 7 p.m.

Holidays 9 a.m. - 5 p.m.